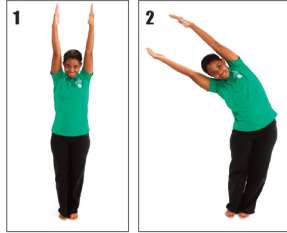


4-H Yoga

Swaying Tree



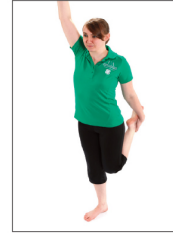
Chair



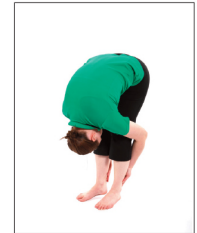
Airplane



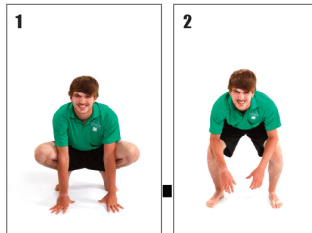
Half Dancer



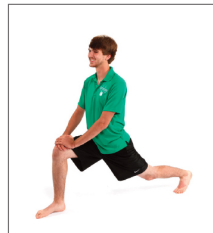
Forward Bend



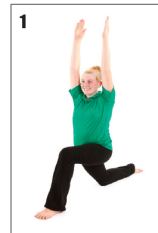
Gorilla



Deep Lunge



Dragon



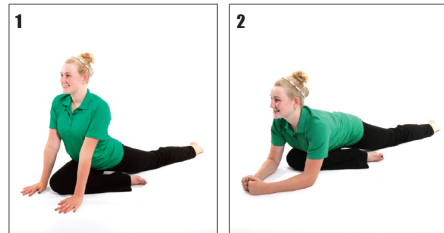
Twisted Dragon



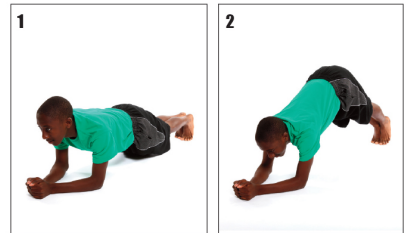
Bird Dog



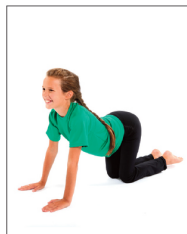
Pigeon



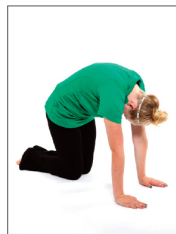
Dolphin



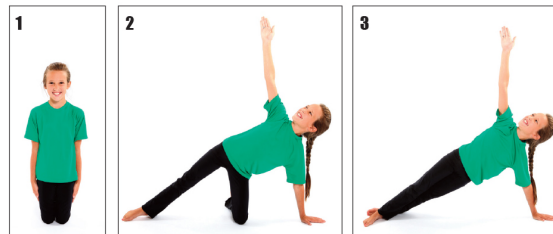
Cow



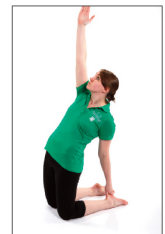
Cat



Side Plank



Half Camel



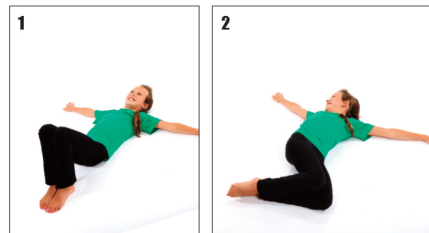
Half Boat



River



Lying Twist

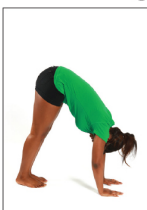


Chill Pose



TRANSITION POSES:

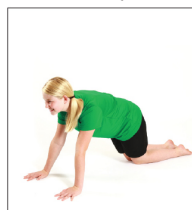
Down Dog



Mountain



Table Top



Knee Stand

