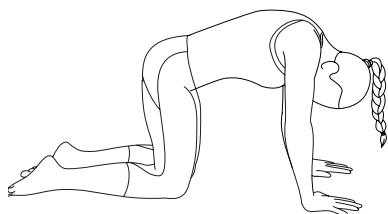


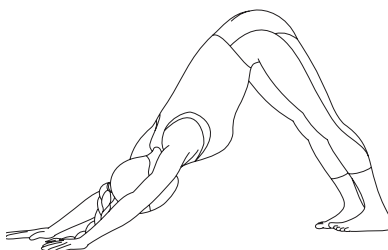
# EVERYDAY YOGA STRETCHES



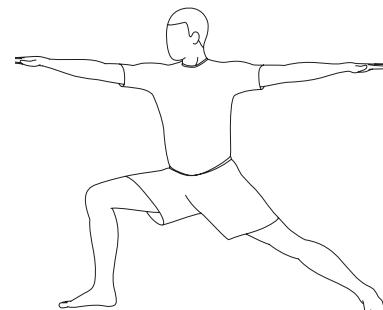
**Cat**



**Down Dog**



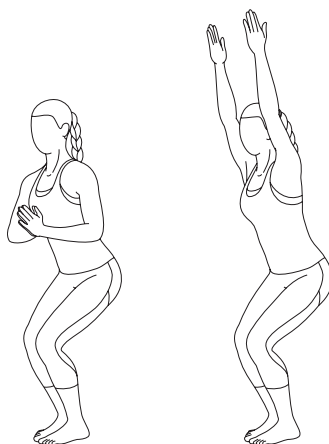
**Warrior II**



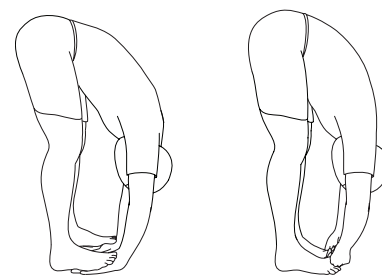
**Lunge**



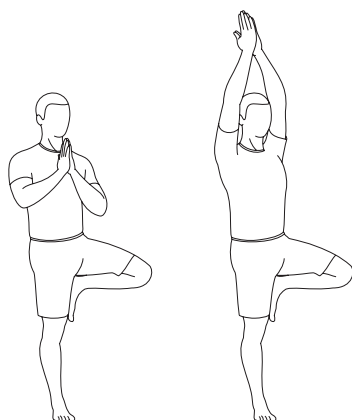
**Chair 1 & 2**



**Rag Doll A & B**



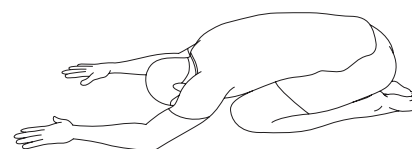
**Tree A & B**



**Seated Twist**



**Child's Pose**



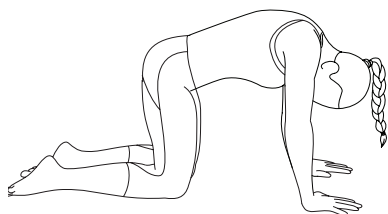
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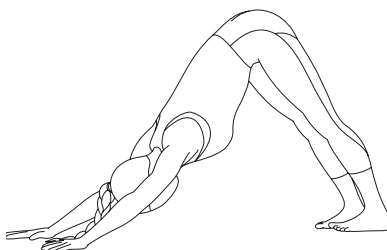
# ESTIRAMIENTOS DE YOGA



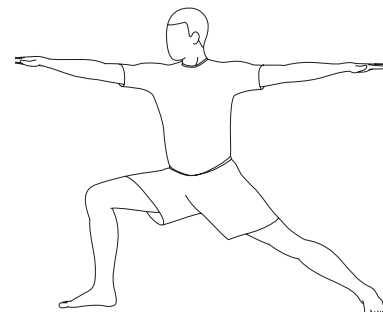
**Pose del Gato**



**Pose Media Luna**



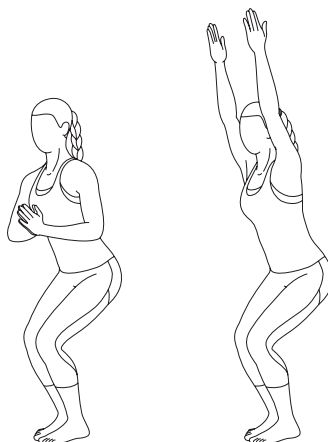
**Guerrero II**



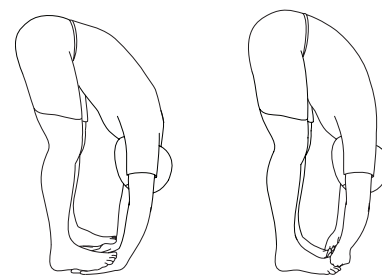
**Desplante**



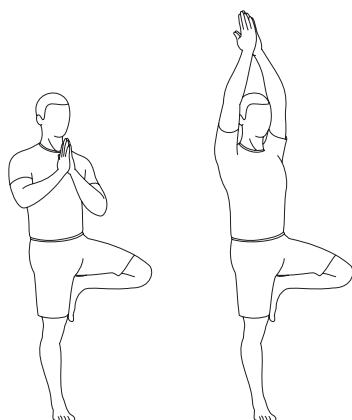
**Pose de Silla**



**Pose de Muñeco**



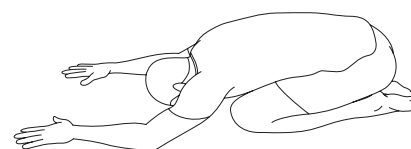
**Pose de Arbol**



**Media Torsion**



**Pose de Niño**



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