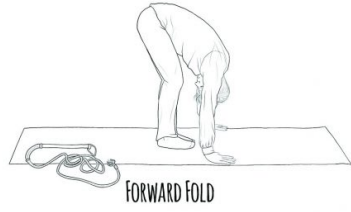
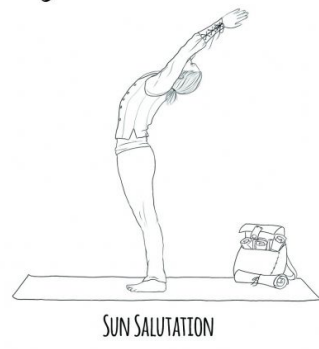




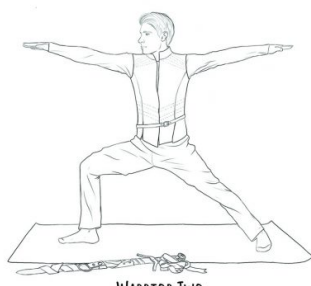
Aldelbert's Glory Stretches



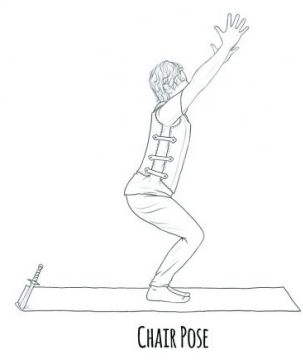
FORWARD FOLD



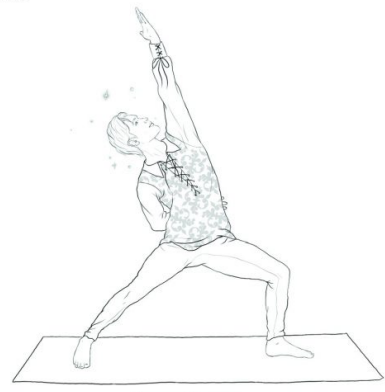
SUN SALUTATION



WARRIOR TWO



CHAIR POSE



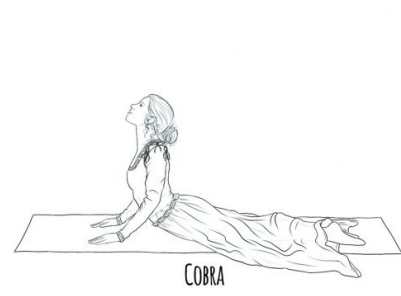
REVERSE WARRIOR



CHILD POSE



CORPSE POSE



COBRA



KNEELING FLEXOR

