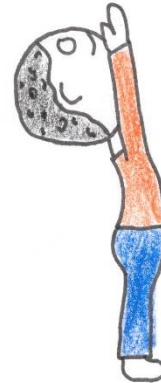


**Inhale**



**Stand  
Tall**



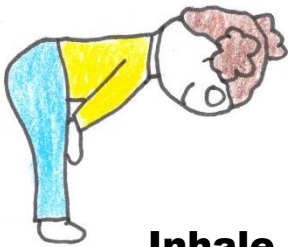
**Inhale**



**Exhale**



**Exhale**



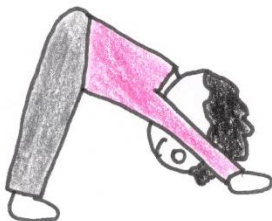
**Inhale**



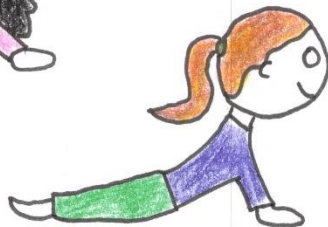
**Inhale**



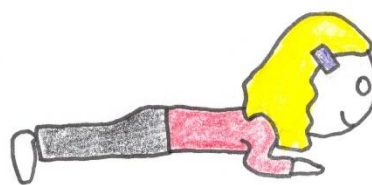
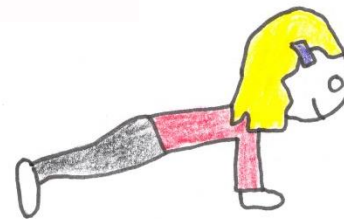
**Sun  
Salutation**



**Exhale**



**Inhale**



**Exhale**