
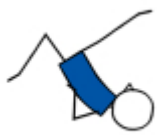




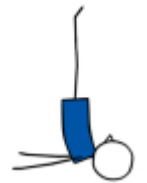








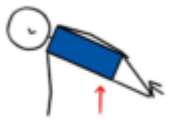
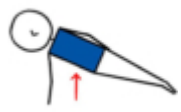
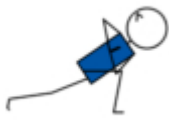


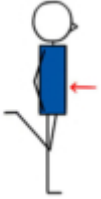

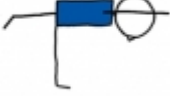






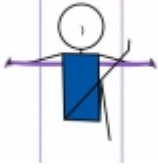


Balance And Bathe In Equanimity

 <p>Shoulder Bridge</p>	 <p>Bicycle</p>	 <p>Boomerang</p>	 <p>Control Balance</p>	 <p>Scissors</p>	 <p>Leg Pull</p>
 <p>Jack Knife</p>	 <p>End Of Sequence</p>	 <p>Rocking</p>	 <p>Leg Pull Front</p>	<p>repeat x5</p>  <p>Swan Dive</p>	 <p>Supine Swimming</p>
 <p>Side Bend</p>	 <p>Teaser</p>	 <p>End Of Sequence</p>	 <p>Side Plank On Knees</p>	 <p>Side Plank</p>	 <p>Lunge Twist</p>

 <p>End Of Sequence</p>	 <p>Single Leg Stand</p>	 <p>Quad Stretch</p>	 <p>Hamstring Stretch</p>	 <p>Standing Superman</p>	 <p>Lunge Twist</p>
 <p>Lunge</p>	 <p>Lunge High Twist</p>	 <p>Single Leg Stand</p>	 <p>End Of Sequence</p>	 <p>Arm Float One Inch</p>	 <p>Supine Spine Twist Band</p>