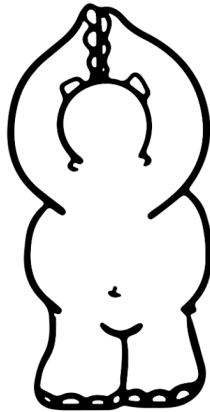
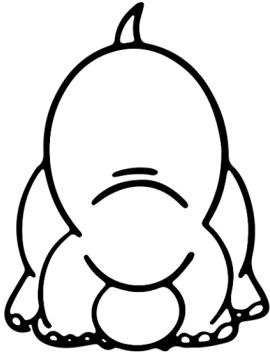
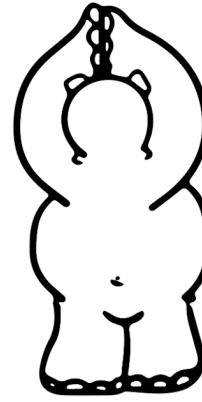
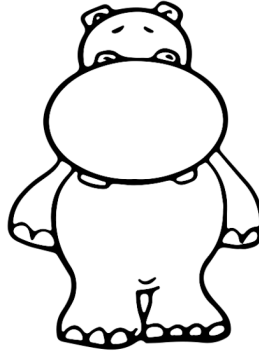


start and end here!

forward bend

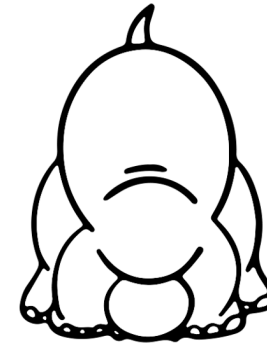


arms up!



arms up!

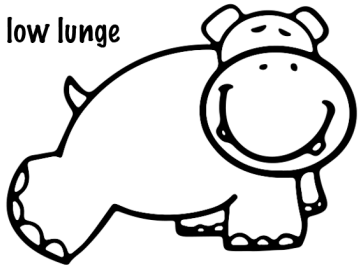
forward bend



half lift

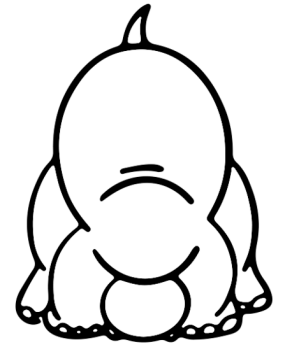


low lunge

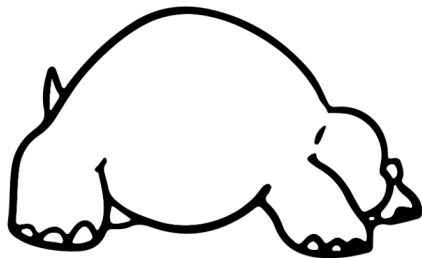


SUN SALUTATION A

follow the hippos around the circle!



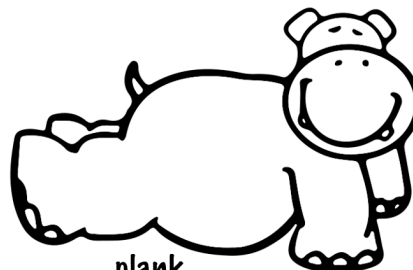
forward bend



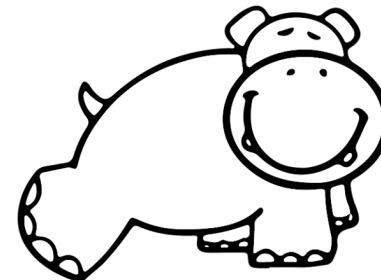
downward dog



upward dog



plank



low lunge