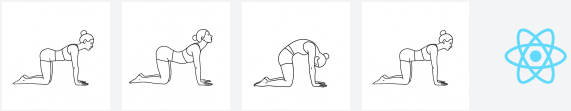
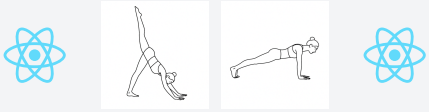
Wrists and Spine



Half Sun Salutes



Knee to Nose Core



Chair Series



Garland and Boat



Crow Ladder



Counter and Close

