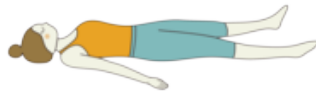


Smile

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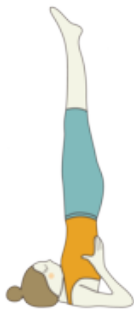
1. **Easy Pose** Sukhasana



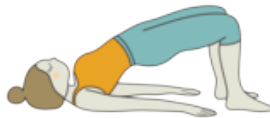
2. **Corpse Pose** Savasana



3. **Plough Pose** Halasana



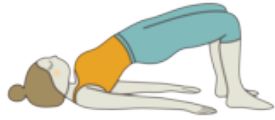
4. **Shoulderstand Pose**
Sarvangasana



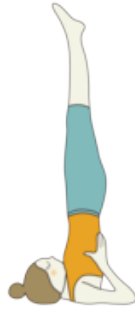
5. **Bridge Pose** Setubandhasana



6. **Wheel Pose** Urdhva
Dhanurasana



7. **Bridge Pose** Setubandhasana



8. **Shoulderstand Pose**
Sarvangasana



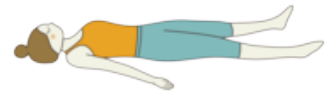
9. **Plough Pose** Halasana



10. **Fish Pose** Matsyasana



11. **Supine Spinal Twist Eagle
Legs Pose** Supta
Matsyendrasana Garuda Legs
Asana



12. **Corpse Pose** Savasana



13. **Easy Pose** Sukhasana



Sylvie Gouin
Your Holistic Lifestyle Specialist
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