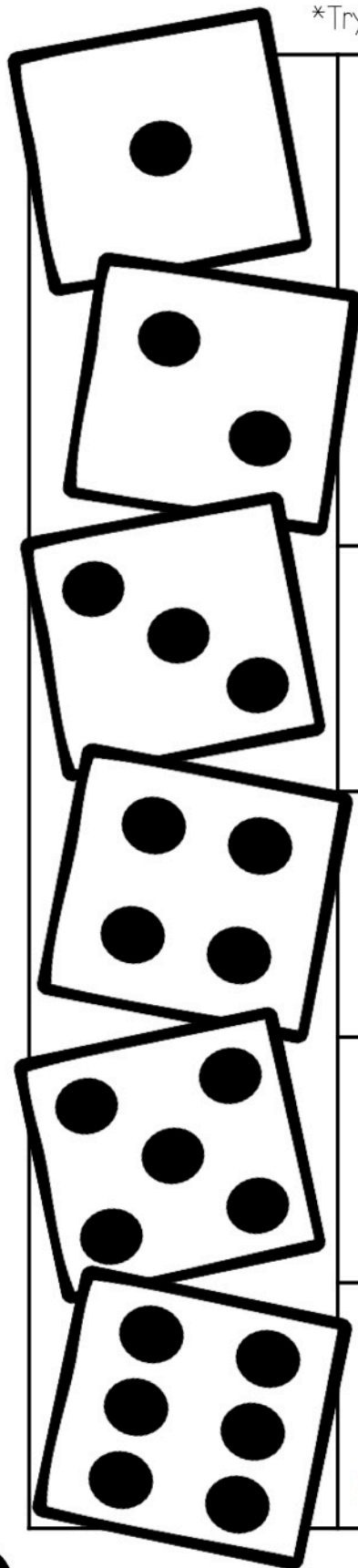


Roll a Task: Yoga

*Try to hold each pose for 10 seconds but don't hold your breath!



Downward Dog



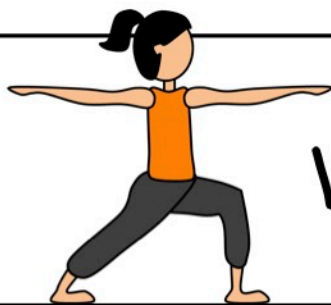
3-legged Dog



Forward Bend



Warrior Pose



Chair Pose



Plank Pose

