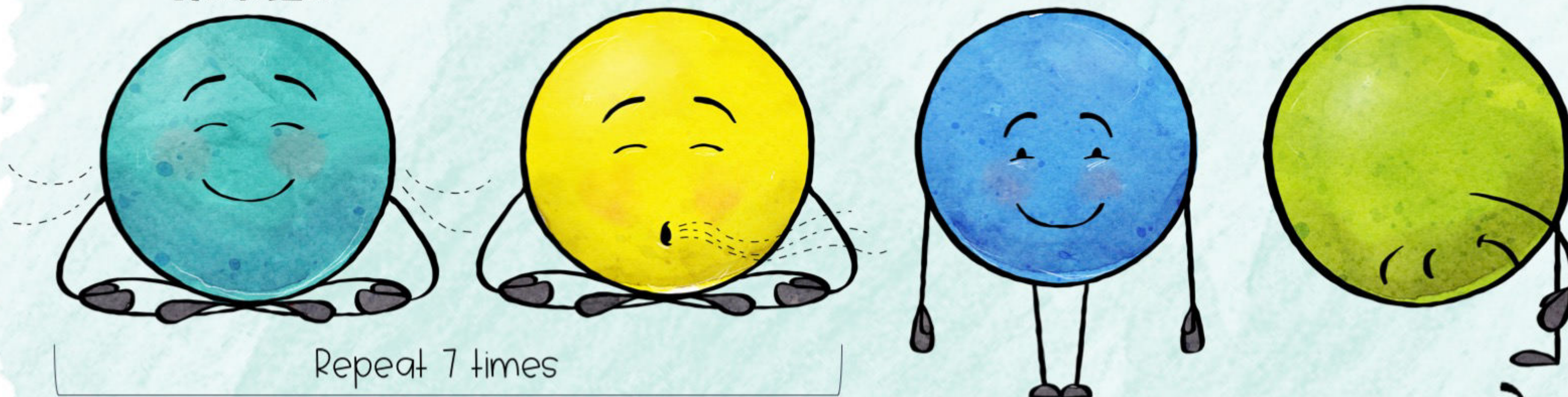
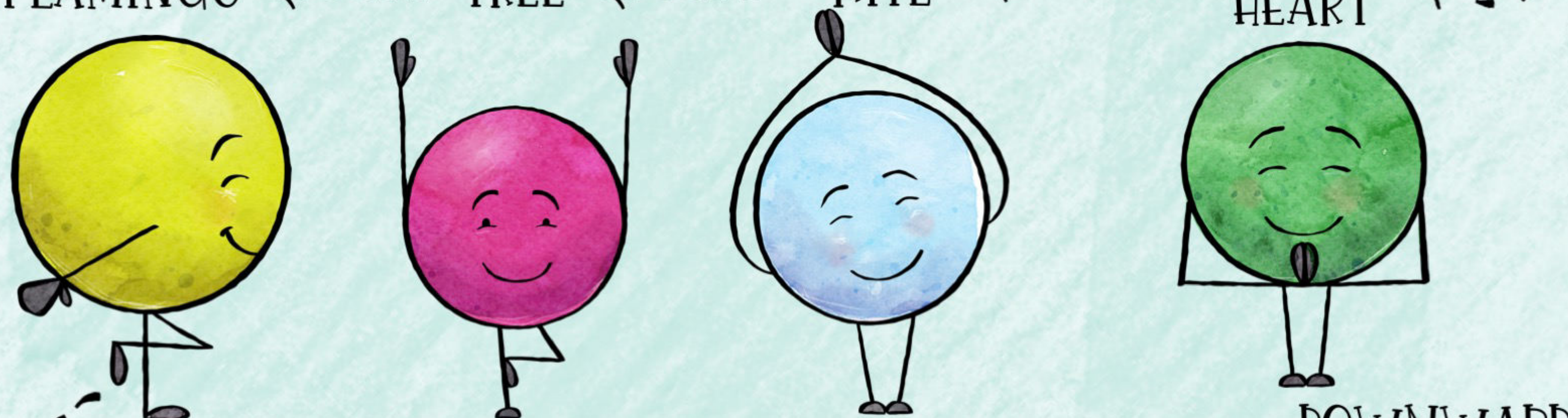


YOU ARE POWERFUL!

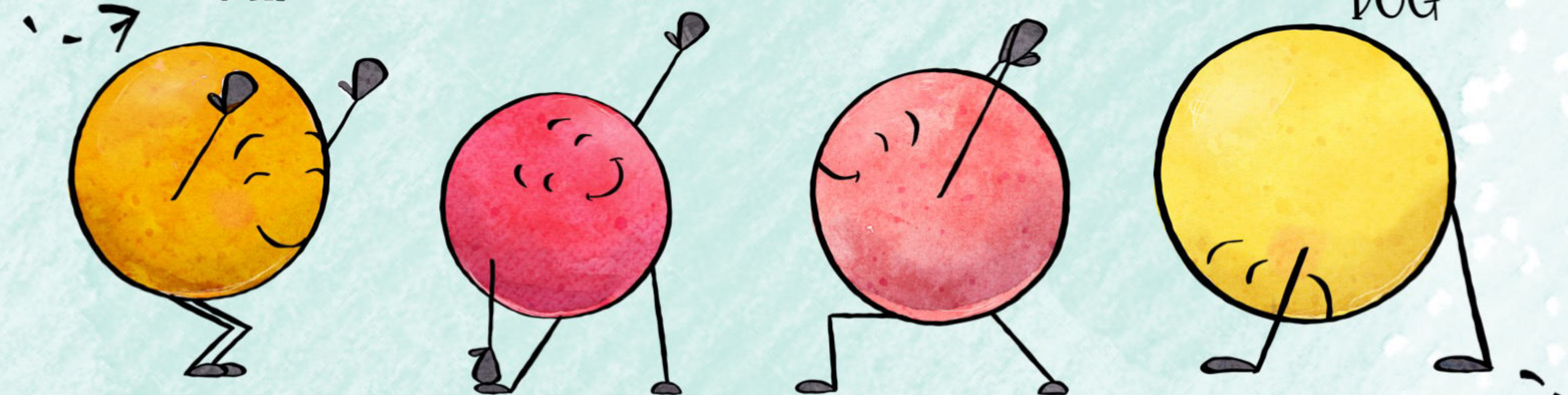
INHALE -----> EXHALE -----> MOUNTAIN -----> FOLD



FLAMINGO <----- TREE <----- KITE <----- HANDS TO HEART



CHAIR -----> TRIANGLE -----> WARRIOR 1 -----> DOWNWARD DOG



EXHALE <----- INHALE <----- FROG <----- CAMEL

