



namaste



horse pose



tree



frog



body roll



cow



balloon
breath



warrior 1



namaste



Mountain



child's pose



downward
facing dog



forward fold



Heart & Soul Yoga™
peace, love, joy... breathe

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balloon
breath



downward
facing dog



tree



tree



happy baby
or
bug



cobra



cat



warrior 1



Lotus
or
criss cross
spaghetti sauce



forward fold



warrior 2



horse pose



bird



warrior 3



riding the
camel



savasana