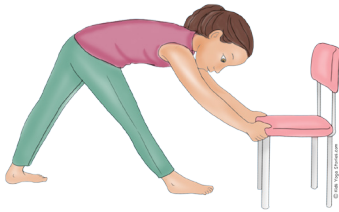


SAFARI YOGA USING A CHAIR



I am a wildebeest.
WARRIOR 1 POSE



I am a zebra.
TRIANGLE FORWARD BEND



I am an ostrich.
DANCER'S POSE



I am an elephant.
WIDE-LEGGED FORWARD BEND



I am a cheetah.
CAT POSE