

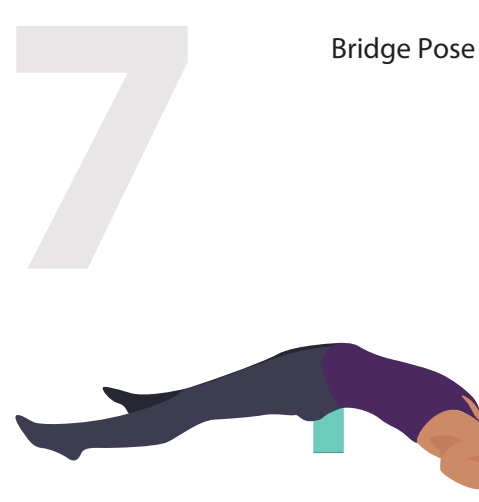
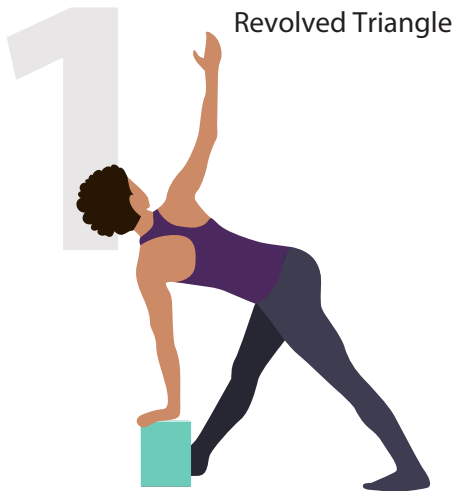
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Child Pose



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Downward Dog



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Hamstring Flex



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Chest Opener



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Pigeon Pose



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Parsvottanasana

