



Mindfulness with Movement



BUTTERFLY



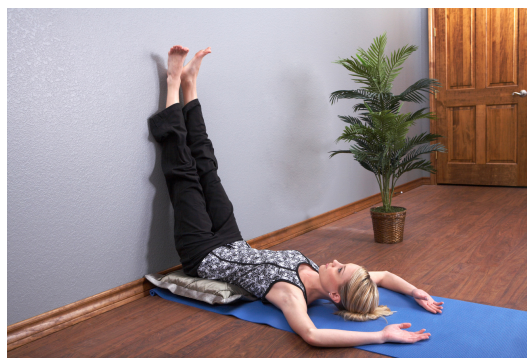
CHILD'S POSE



RESTING POSE



RAGDOLL



LEGS UP THE WALL