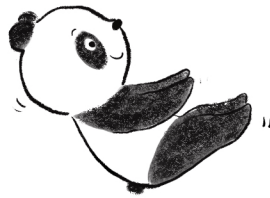
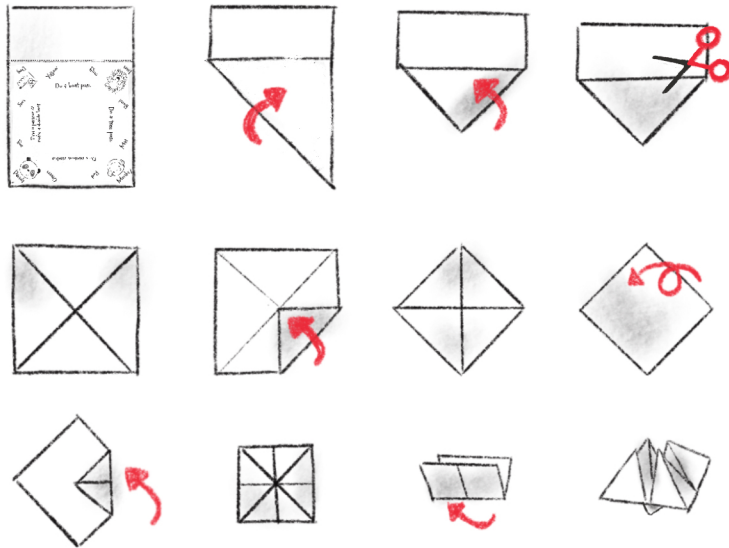


TWELVE STEPS TO FOLD THE YOGA TELLER



Do a boat pose

Sun

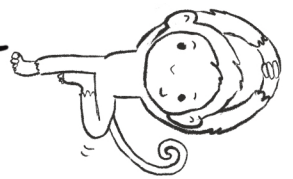


Find a partner & make a double boat

Bee

Bowl

Do a tree pose



teW

Do a rainbow stretch

