

## Spring Yoga Sequence

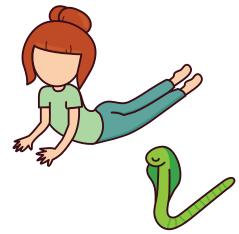








2 FLOWER



3 SNAKE















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Flow & Grow