## Quick Strength & Flexibility Yoga Sequence





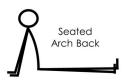
Shoulder Touch



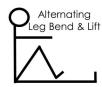
Seated Forward Bend (legs crossed)

Seated Forward Bend (legs crossed)



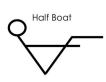


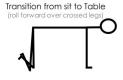


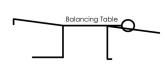


















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