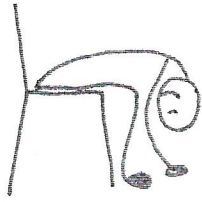


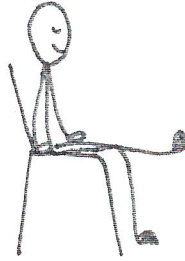
Chair Yoga

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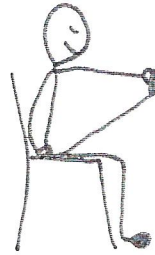
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Forward Bend



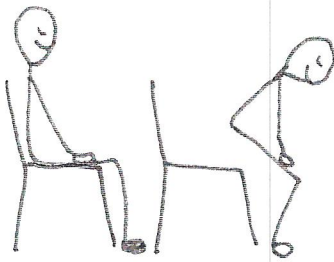
Seated Leg-Lift



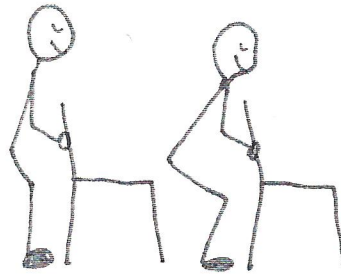
Leg Stretch



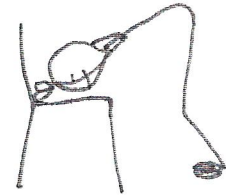
Hip Opener



Bottom Lift



Knee Bends



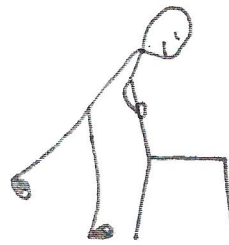
Dog Pose-



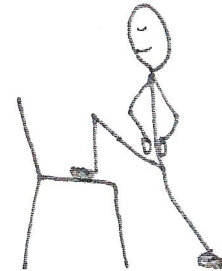
Push-Ups



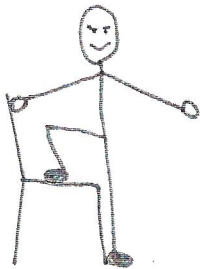
Hamstring Stretch



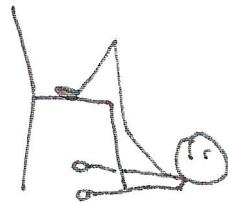
Hamstring Lift



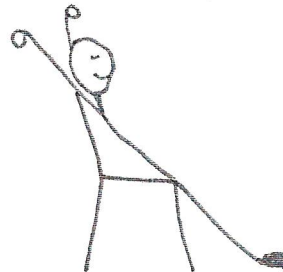
Lunge



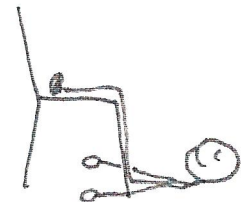
Tree Pose



Bridge Pose



Extend Stretch



Restore

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