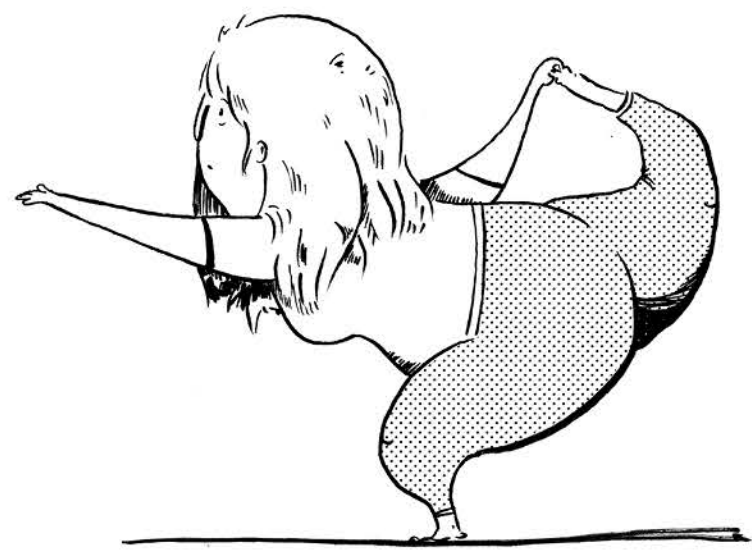
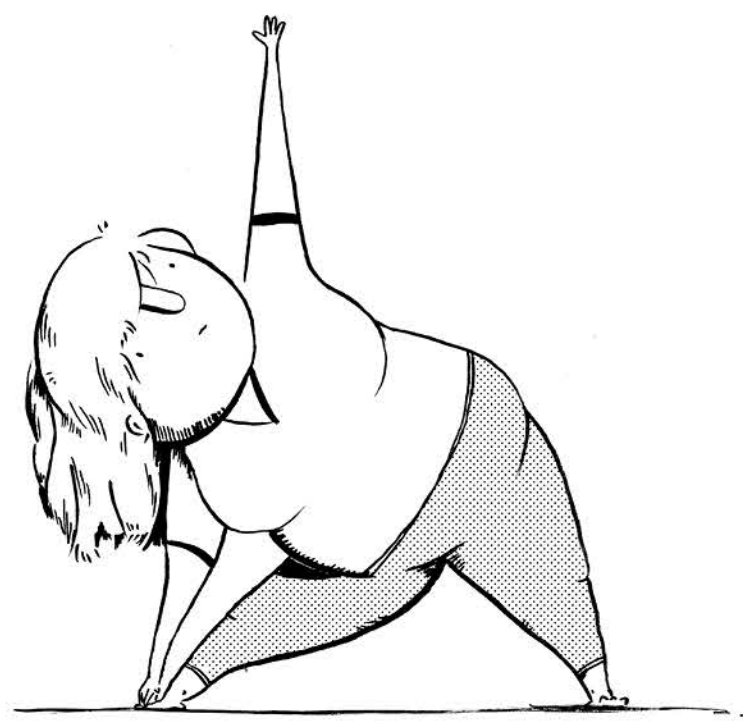


YOGA FOR EVERYDAY PEOPLE

By Matt Shanks



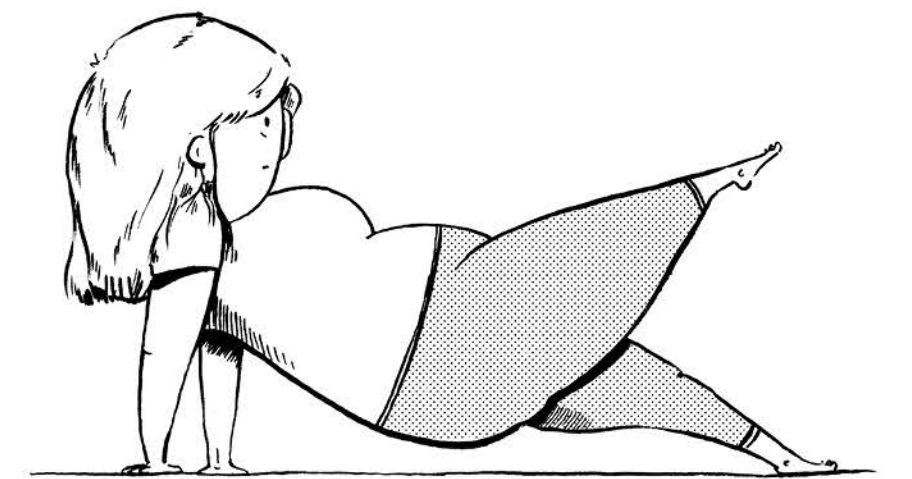
Lord of the Dance



Extended Triangle



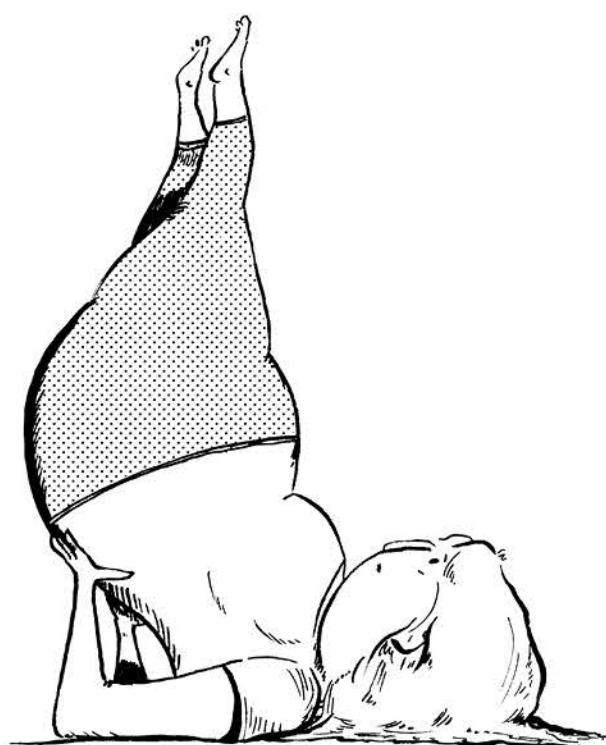
Bridge



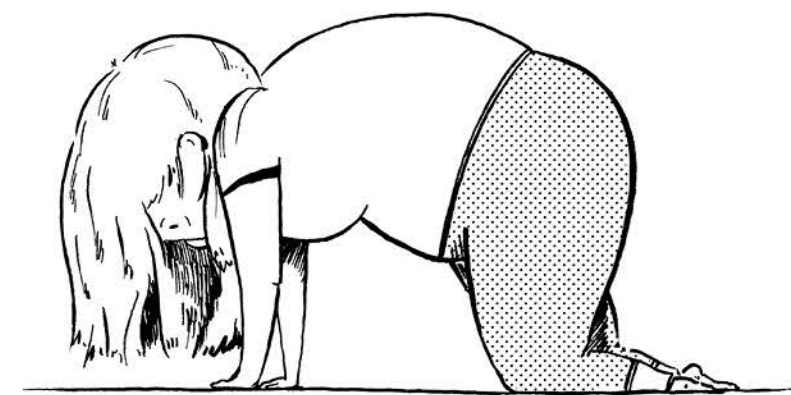
Reverse plank



Upward dog



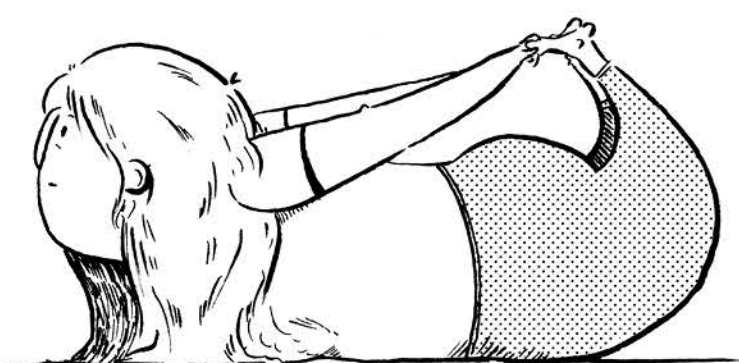
Shoulderstand



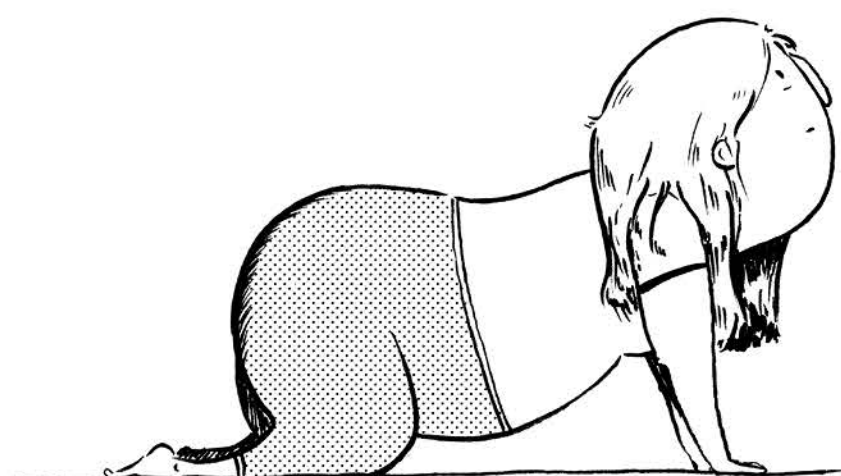
Cat



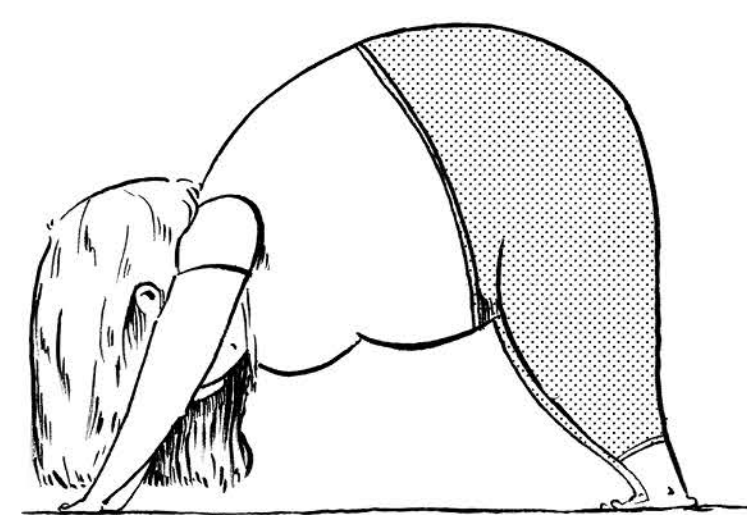
Warrior



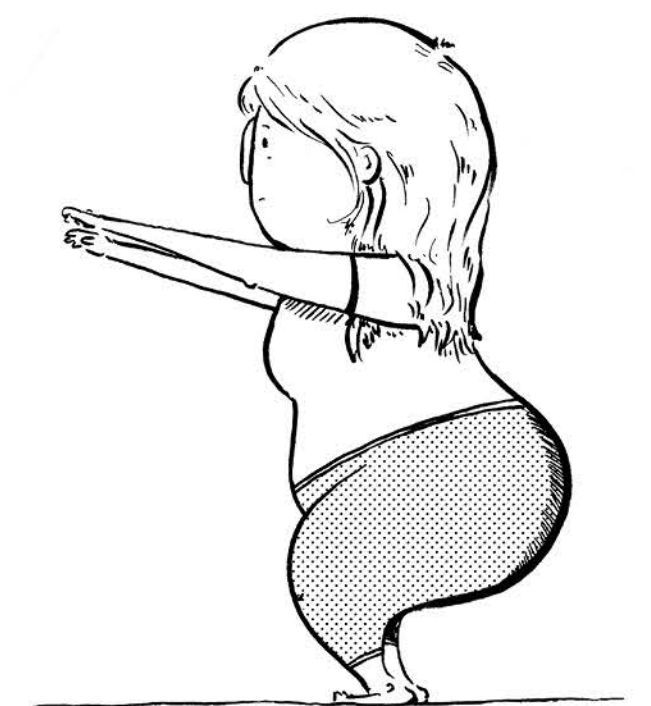
Bow



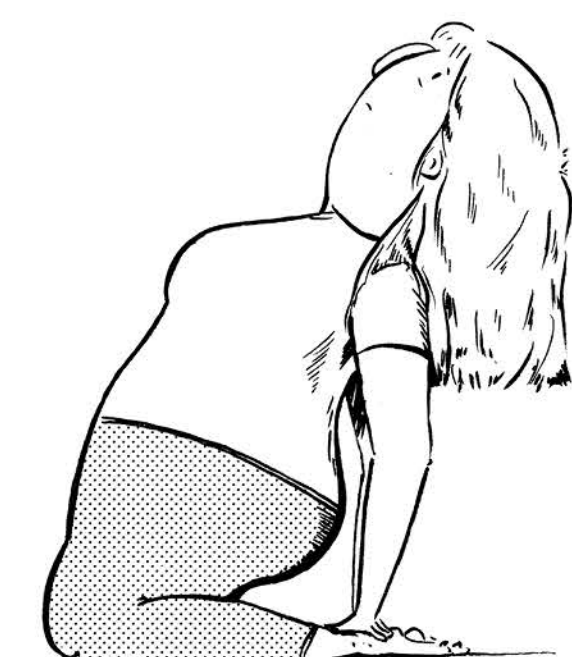
Cow



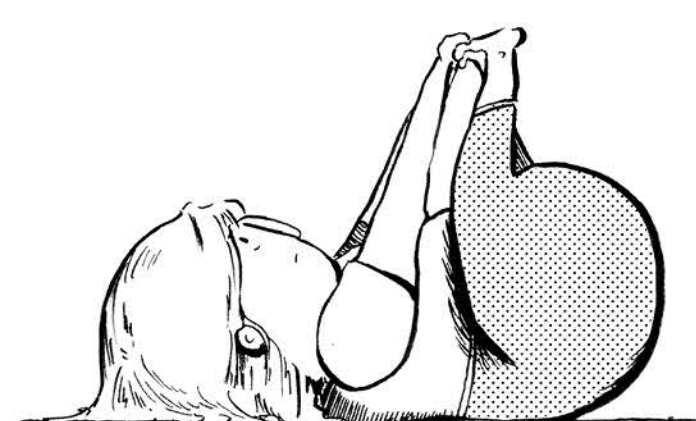
Downward dog



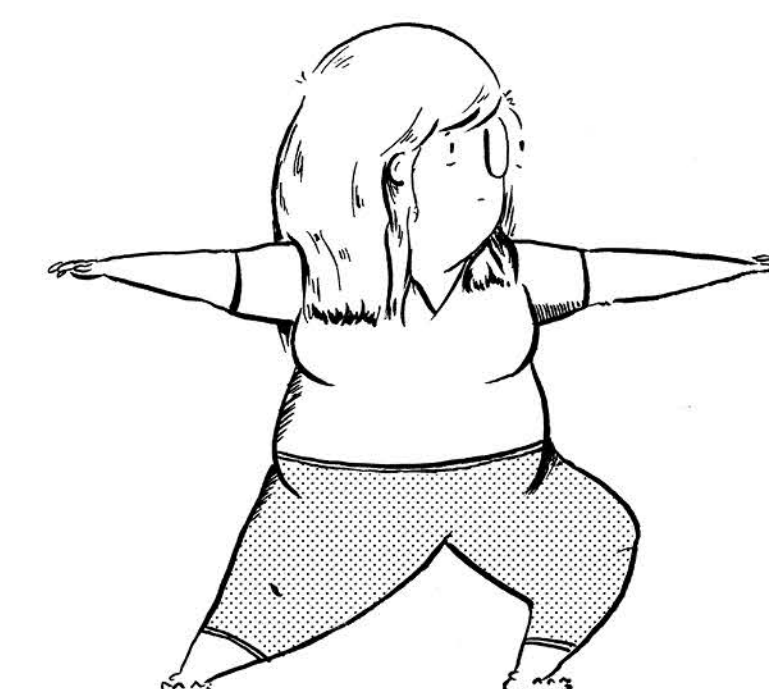
Chair



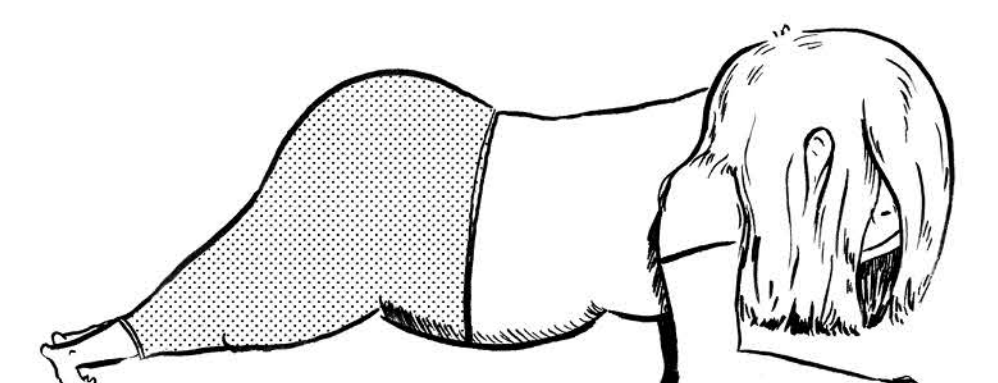
Camel



Happy baby



Downward dog



Plank