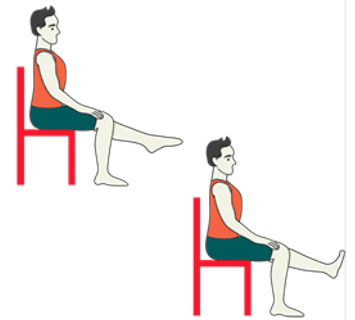
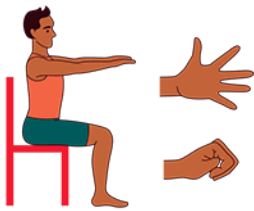
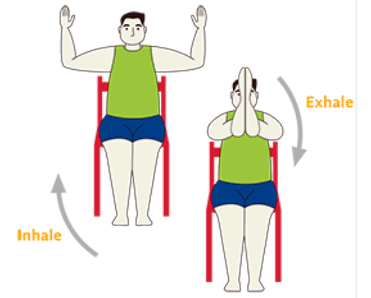
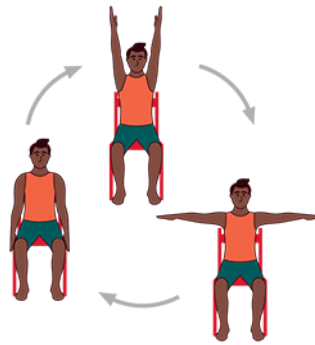
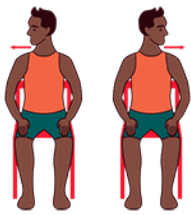




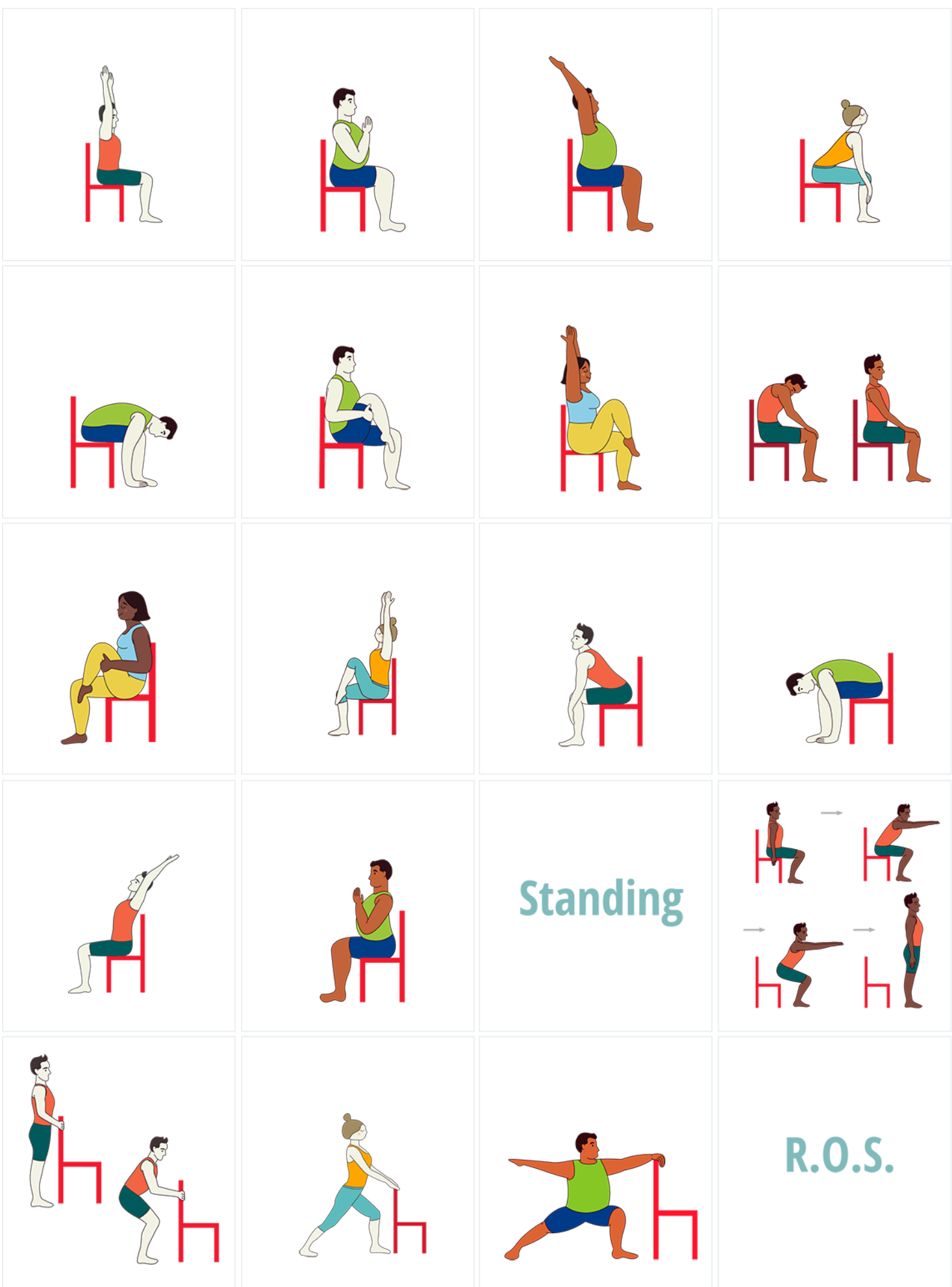
Seniors Yoga Sequence: Chair Yoga + props

Gaby Levy - Yoga Ancecy

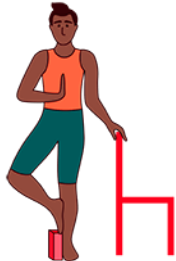
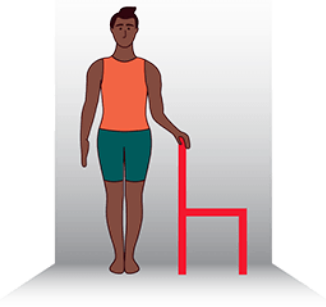
Warm-Up



Sun Salutation



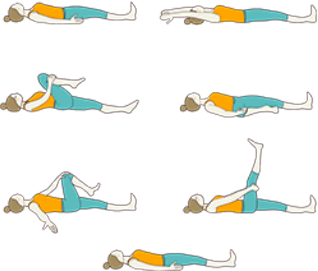
Balances



Floor



R.O.S.



R.O.S.

Inversions





Savasana

