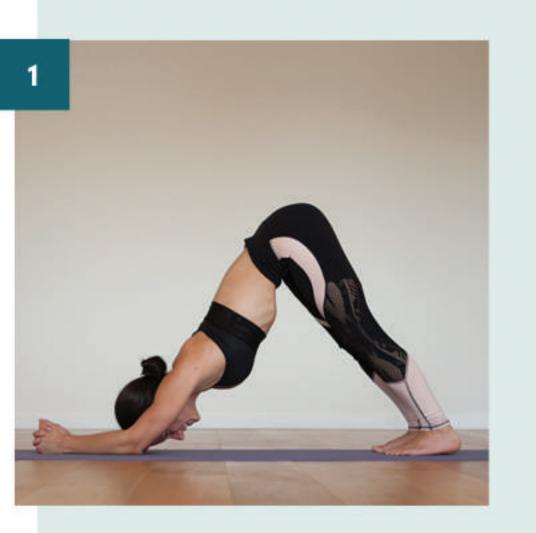
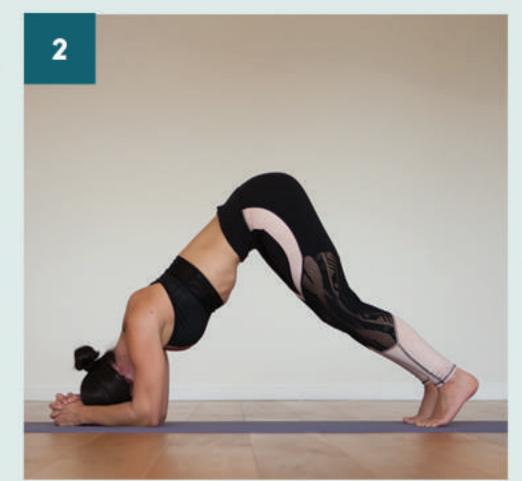
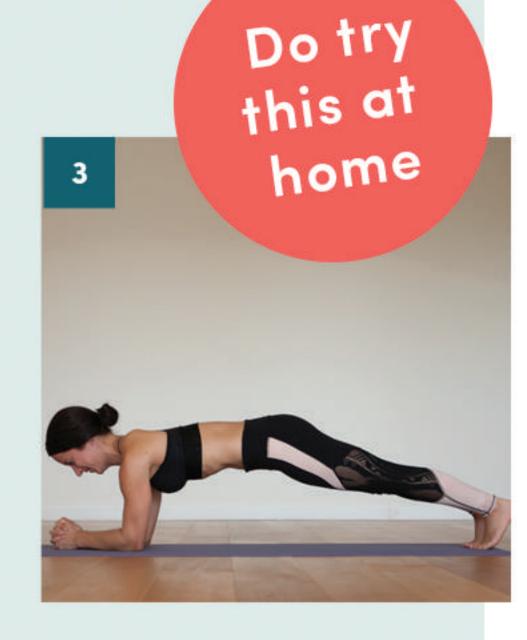
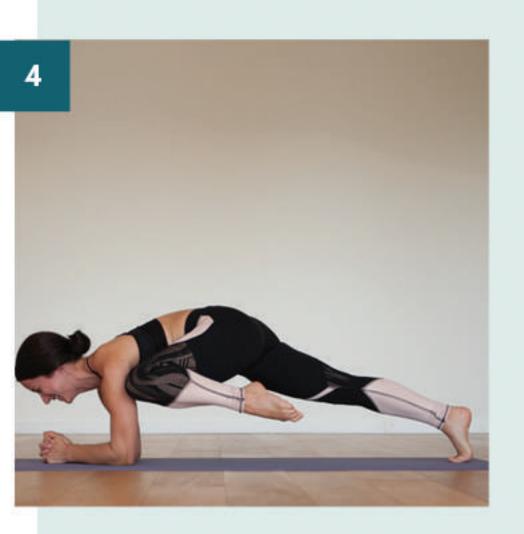
Shoulder strengthening

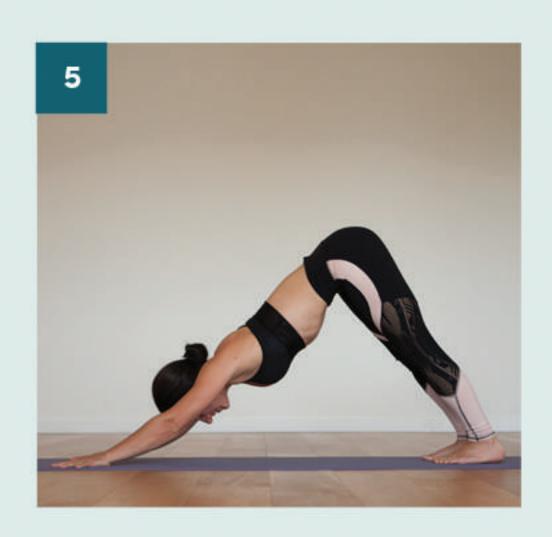
sequence

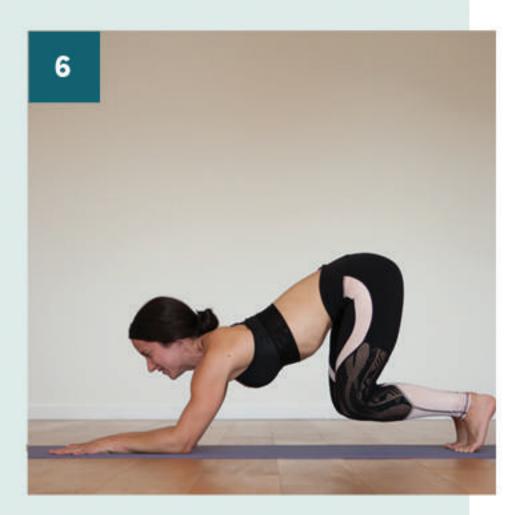


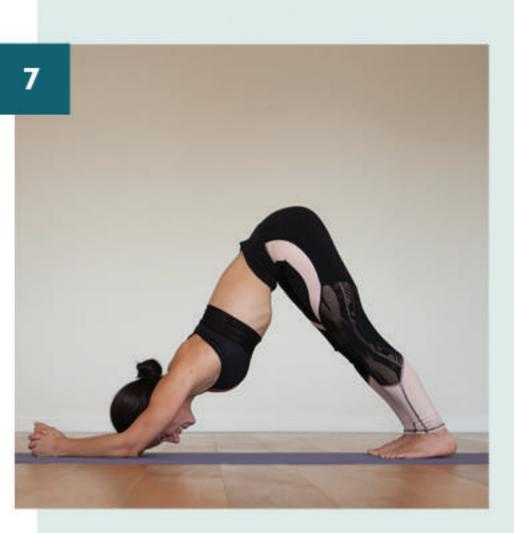


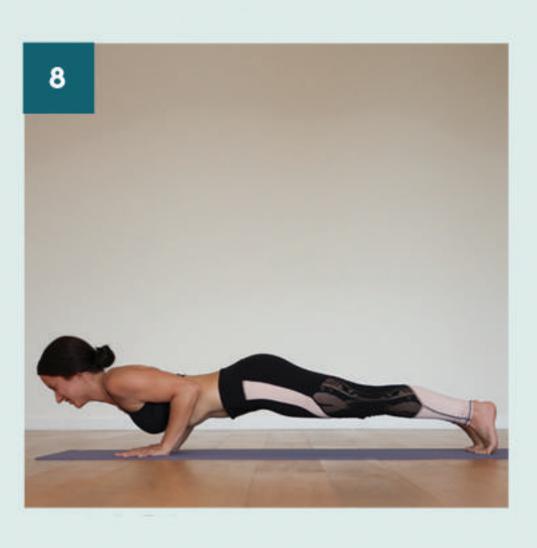


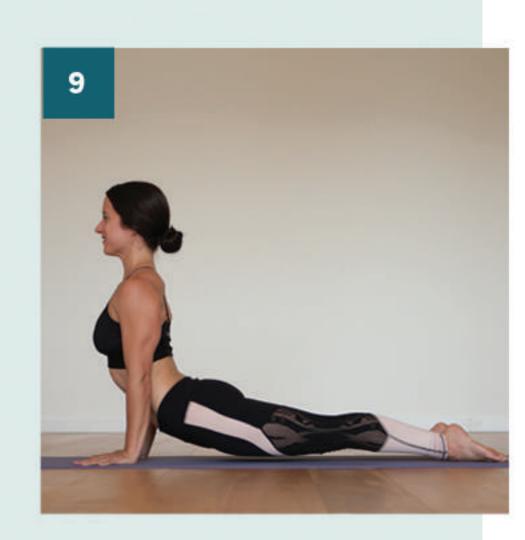












ekhartyoga.com