



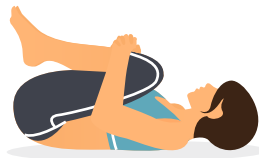
# YOGA FOR CALM CORRECTION



*Downward-Facing Dog*



*Extended Puppy*



*Wind Removing*



*Plow*



*Wide Legged Plow*



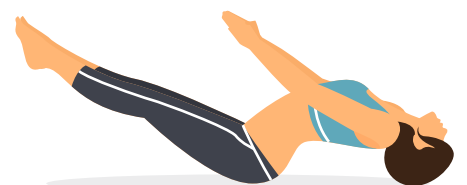
*Supine Hand to Toe*



*Legs-Up*



*Side Bow*



*Flying Fish*