

Instructions:  
Cut along solid lines  
Fold along dotted lines.

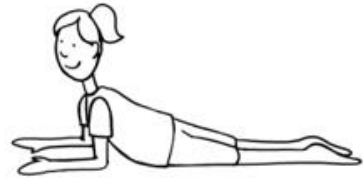


**Downward  
Dog Pose**



**Boat Pose**

**Tree  
Pose**



**Cobra Pose**



**Warrior Pose**



**Bridge Pose**

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