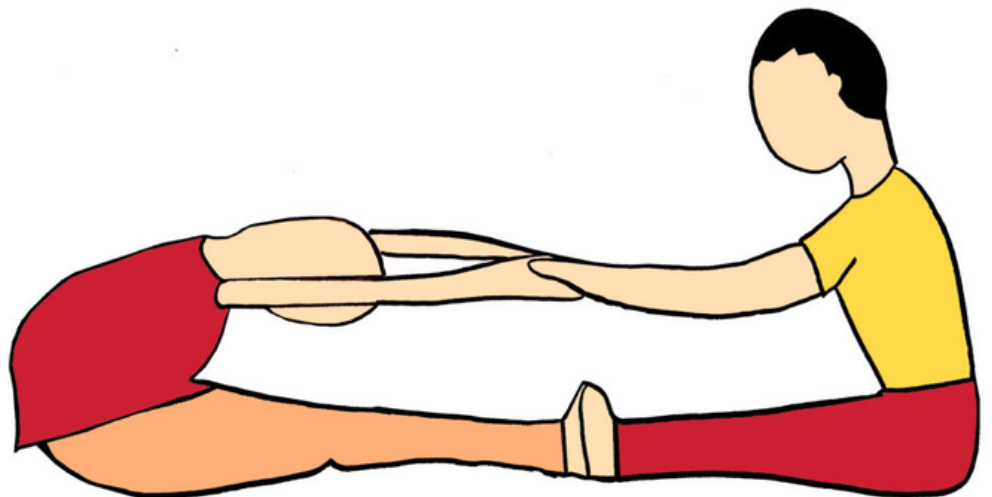
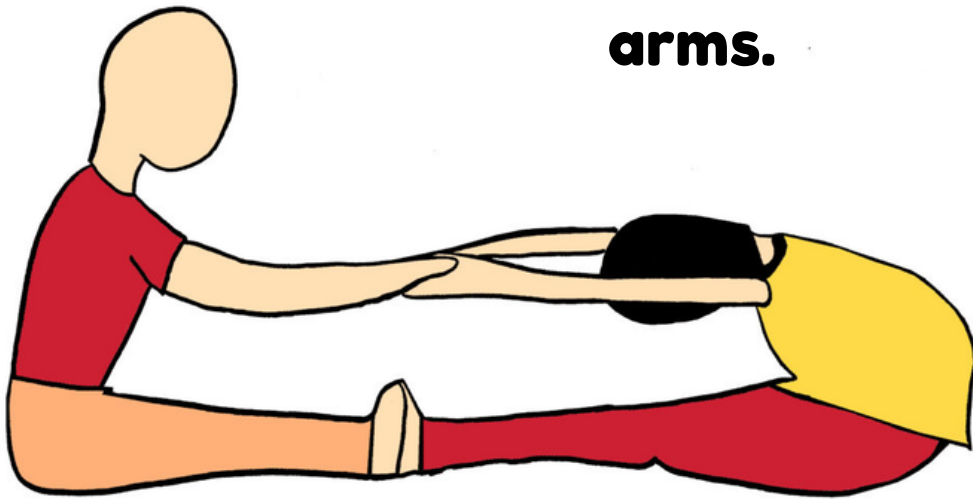


Friendship Seesaw

Yoga Pose

With your partner touch your feet together while keeping your legs as straight as possible. Hold hands with your arms straight out. Friend one leans forward putting their hands near their toes while friend two slightly pulls on friend ones arms. Both friends sit up straight and then friend two leans forward while friend one slight pulls their

arms.

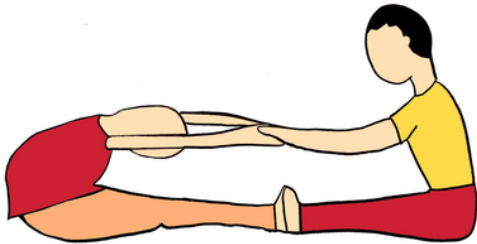
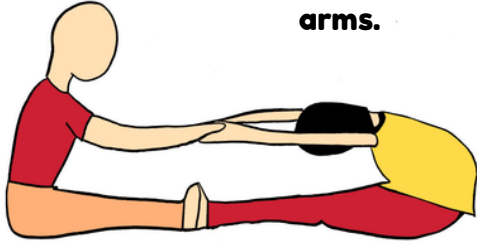


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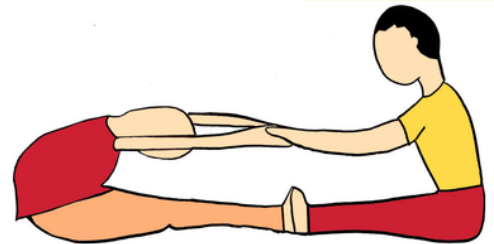
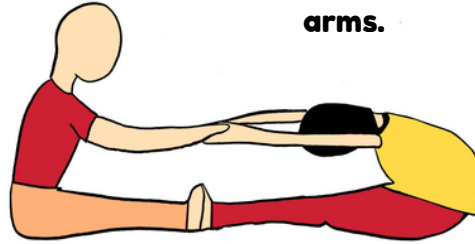


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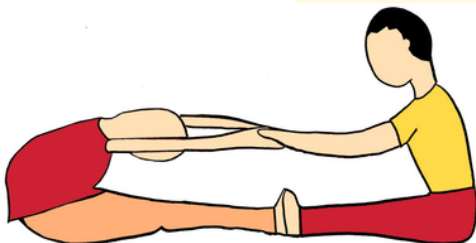
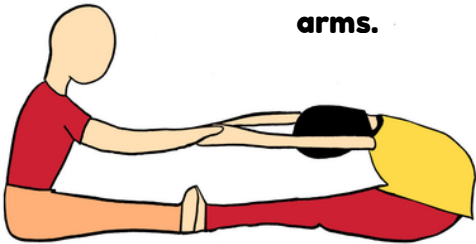


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