



HALF LIFT



MOUNTAIN POSE



MOUNTAIN POSE:
NAMASTE HANDS



HALF LIFT



FORWARD FOLD



MOUNTAIN POSE:
NAMASTE HANDS



CHILD'S POSE (SLOW VERSION)



PLANK POSE



MOUNTAIN POSE



FORWARD FOLD



FROM THE ALBUM
"IT TAKES A LITTLE KINDNESS"



DOWNWARD DOG



SNAKE POSE

FEATURING MEDDY TEDDY

TEDDY BEAR SUN DANCE FAST TEDDY BEAR SUN DANCE SLOW