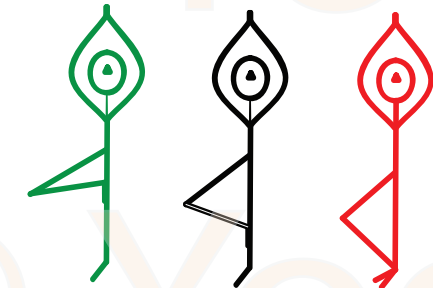


STRIKE A POSE WITH THE FAMILY

Six yoga poses for the whole family



Kids Mum & Dad Gran

TREE POSE



Kids

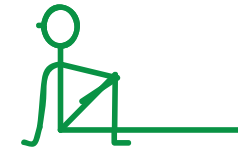


Mum & Dad

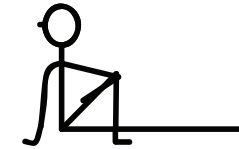


Gran

COBRA POSE



Kids



Mum & Dad



Gran

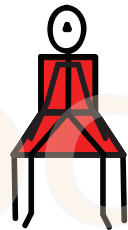
SEATED TWIST POSE



Kids



Mum & Dad

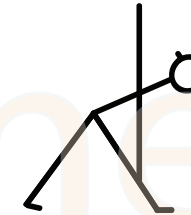


Gran

STAFF POSE



Kids

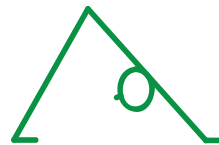


Mum & Dad



Gran

TRIANGLE POSE



Kids



Mum & Dad



Gran

DOWN DOG POSE