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| I | **Y** | E | F | F | V | V | W | I | **D** | **L** | **O** | **F** | **D** | **R** | **A** | **W** | **R** | **O** | **F** | B | C | F | I |
| J | O | **E** | **D** | **O** | **W** | **N** | **W** | **A** | **R** | **D** | **F** | **A** | **C** | **I** | **N** | **G** | **D** | **O** | **G** | T | U | X | U |
| O | P | S | **K** | **K** | **C** | **E** | **N** | **E** | **L** | **T** | **R** | **U** | **T** | Q | P | M | I | N | U | A | Z | A | Z |
| **P** | **P** | H | O | **N** | S | U | **H** | **T** | **A** | **E** | **R** | **B** | **S** | **U** | **T** | **O** | **L** | L | M | P | H | V | P |
| C | **I** | **A** | N | C | **O** | D | Y | M | C | A | Q | A | M | X | **T** | **R** | **I** | **A** | **N** | **G** | **L** | **E** | M |
| P | P | **A** | **R** | H | W | **M** | X | X | **T** | **H** | **U** | **M** | **B** | **F** | **I** | **N** | **G** | **E** | **R** | A | K | S | G |
| **J** | **M** | D | **N** | **T** | C | Z | C | Q | O | F | G | P | **S** | **E** | **L** | **C** | **R** | **I** | **C** | **T** | **E** | **E** | **F** |
| I | **O** | U | G | **O** | **S** | I | **P** | **O** | **I** | **N** | **T** | **A** | **N** | **D** | **F** | **L** | **E** | **X** | C | J | Y | O | I |
| V | **V** | **Y** | Q | E | **F** | **T** | **H** | **R** | **E** | **E** | **C** | **O** | **U** | **N** | **T** | **B** | **R** | **E** | **A** | **T** | **H** | V | G |
| C | **I** | K | **B** | J | M | **I** | H | E | Y | Q | **B** | O | E | O | D | D | F | P | G | E | H | Z | M |
| U | **N** | R | D | **R** | T | U | **N** | J | S | W | **M** | **A** | D | B | P | Z | **C** | K | **S** | H | J | F | V |
| B | **G** | C | P | R | **E** | I | R | **G** | U | Q | **A** | E | **L** | P | E | D | **H** | L | **E** | T | U | Z | W |
| D | **P** | G | Y | X | H | **A** | T | I | **E** | Q | **T** | N | U | **A** | W | R | **A** | R | **O** | I | W | M | X |
| L | **A** | E | N | P | **S** | H | **T** | U | G | **R** | Y | F | L | I | **N** | G | **I** | N | **T** | F | **A** | Q | J |
| J | **L** | F | S | P | E | **I** | G | **H** | C | E | **S** | E | I | I | P | **C** | **R** | **S** | **E** | Y | **R** | B | I |
| U | **M** | D | J | **B** | S | B | **D** | **S** | **G** | **N** | **I** | **W** | **D** | **R** | **I** | **B** | **E** | **G** | **T** | L | **D** | B | S |
| W | **S** | K | **A** | K | U | E | D | **E** | Z | W | K | J | Y | S | D | E | R | **U** | **A** | I | **U** | Z | E |
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| E | **L** | E | **W** | **A** | **R** | **R** | **I** | **O** | **R** | **E** | J | A | **T** | C | D | X | G | **H** | **R** | W | **A** | B | R |
| **L** | U | Q | **E** | **S** | **O** | **P** | **E** | **E** | **R** | **T** | **N** | **W** | S | Y | O | V | N | **S** | **E** | Z | **N** | Q | W |
| **E** | L | U | D | I | M | P | H | C | O | V | **I** | **D** | P | R | R | K | X | G | **T** | W | **A** | K | N |
| **M** | G | Y | C | L | W | S | P | Y | A | **S** | E | S | K | C | G | Q | Y | Y | **L** | Q | **H** | O | N |
| **A** | J | S | O | R | G | B | Z | T | **T** | A | B | Q | E | O | P | O | T | J | **A** | P | **J** | O | C |
| **C** | G | J | V | **B** | **E** | **E** | **M** | **U** | **D** | **R** | **A** | G | I | W | **E** | **N** | **A** | **R** | **C** | Y | V | H | D |

   alternate toes       feet circles       bird wings       thumb finger       piano fingers       three count breath       point and flex       downward facing dog       balance       tree pose       joy breath       turtle neck       shrugs       ball       strap       mat       chair       monkey       camel       jhana mudra       bee mudra       triangle       forward fold       twist       moving palms       lotus breath       crane       sidebend       warrior