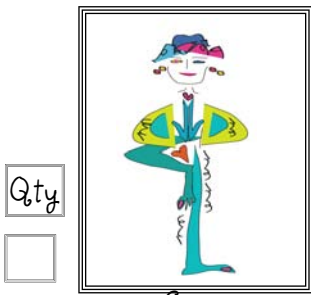


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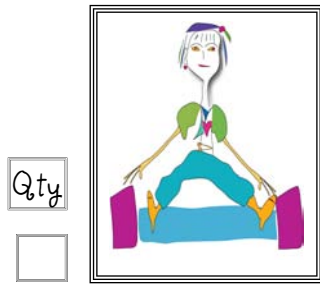
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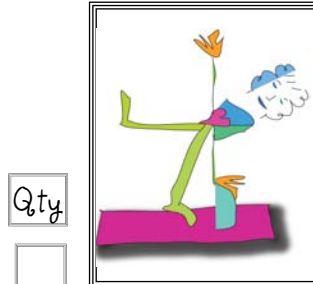
Chris

Alignment is Key to a Balanced Life.



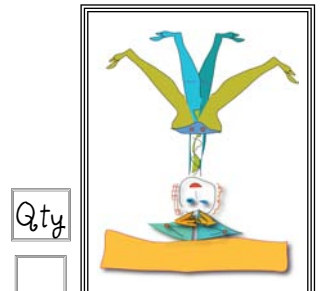
Katie

Focus on being Present whenever possible.



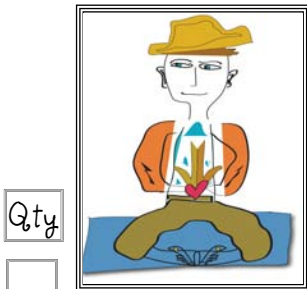
Roz

How much balance you have in your life is up to You.



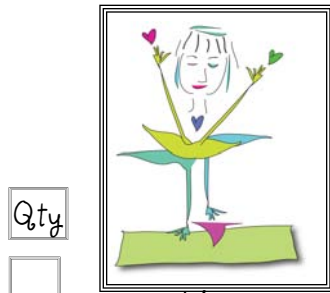
Caroline

Life may not be Perfect... but You can always Re-adjust your balance when you need to.



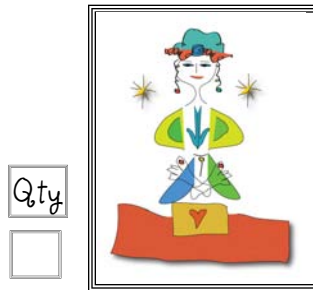
Shane

Stillness allows you to re-energize your mind.



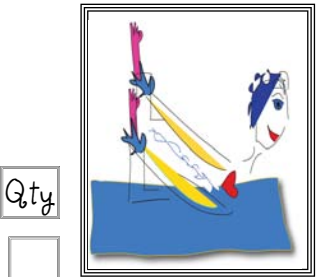
Wendy

Standing Poses may be challenging.. but Balancing Your Life is a work of Art.



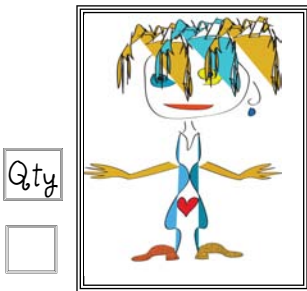
Meryl

Tune into Yourself whenever You need to change Your Frequency.



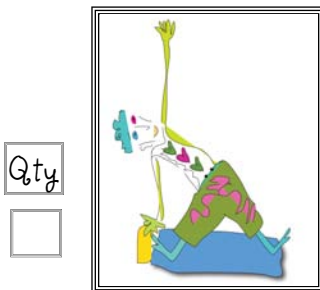
Saydie

Pull Back whenever you need to create more Space in Your Life.



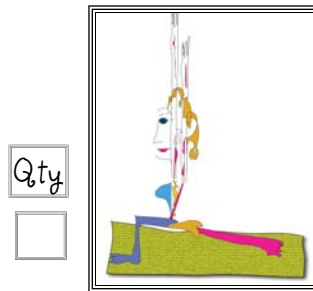
Betsy

I don't want to hear your excuses... Just get your Ass out of Bed and Go to Yoga!



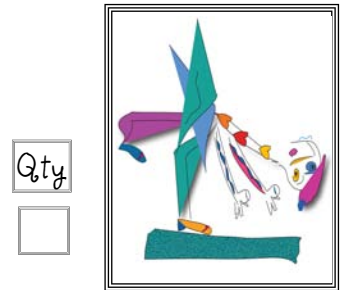
Ursula

You'll never know how far you'll go if you don't stretch Beyond Your Limits.



Tierney

Focus Your Attention on where You want to go and then just "Let Go" of the results.



Zan

Your interpretation of Your Situation can be altered at any time. Namaste.

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