

10. The Cobra



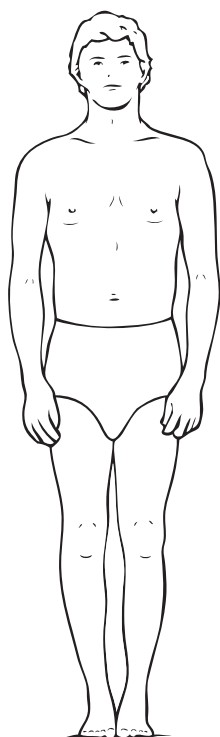
11. The Reverse Relaxation



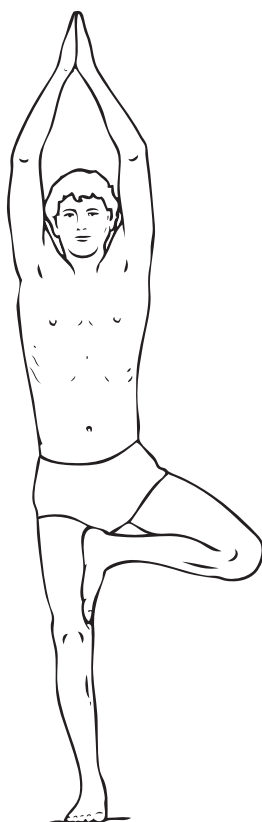
12. Tortoise



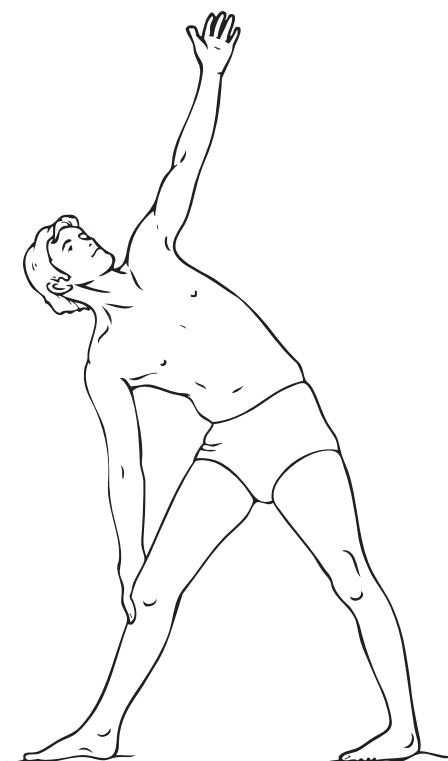
13. The Belly Roll



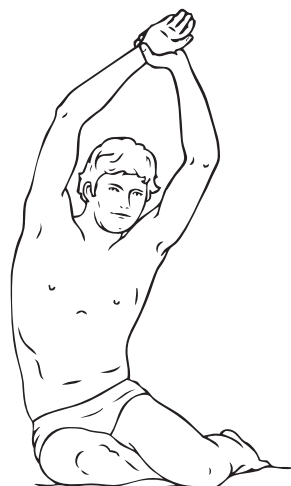
14. The Mountain



15. The Tree



16. The Triangle



17. The Dove



18. The Final Relaxation

40
min