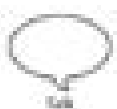


Sun & Moon: Energetic Counterparts

					
Failure Success Talk	Knowing False & Truth	New Moon Flow	Hero	Camel (namaste)	Table Top
					
Cow 2	Cat (Head to Knee)	Cow 2	Table Top	Cobra (hands forward)	Down Dog
					
Table Top	Waxing Moon Flow	Gate	Table Top	Down Dog	Forward Bend
					
Half Way Lift 2	Forward Bend	Mountain Arms Up 2	Mountain Namaste	Full Moon Flow	Full Moon

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Yoga Education and Life Skills Dr. Adrija Chattopadhyay, Mr. Tanmoy Kanti Gayen, Mr. Chandan Sardar, 2025-03-18

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