Keep CALM
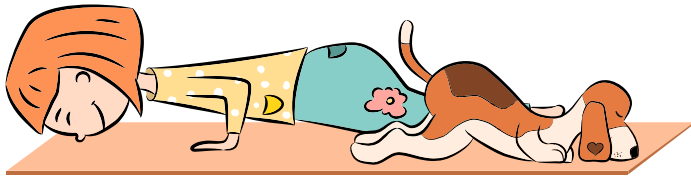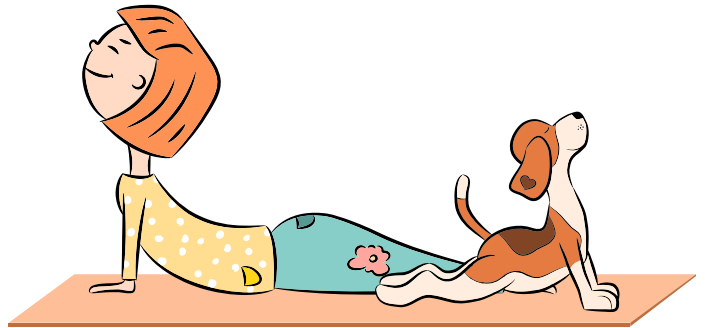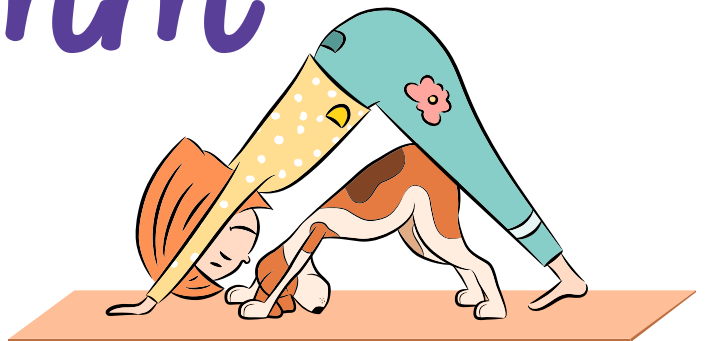
Plank

Upward Facing Dog

Mountain

Low lunge

AND
Ommm
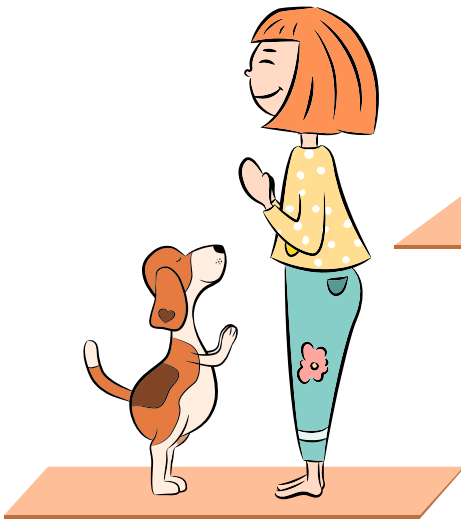
Upward Salute

Forward Fold

Downward Facing Dog