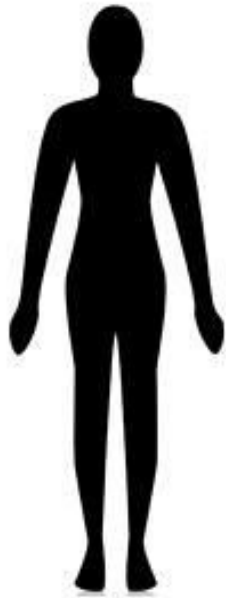


Breathing/Yoga - used to help students focus the mind to the next task



Mountain Pose (Tadasana)

