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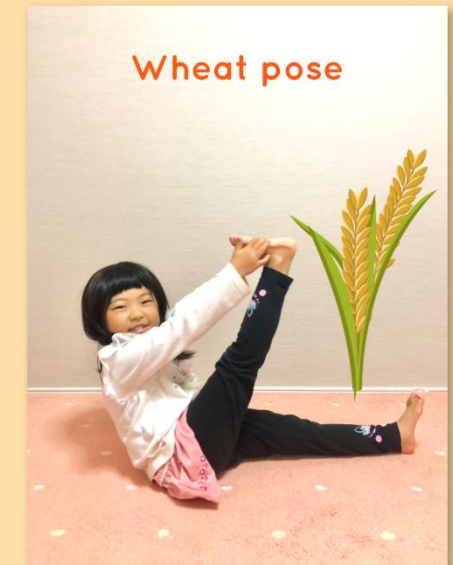
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Sweet potato pose



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Cosmos pose



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Chestnut pose



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Falling leaves Breath



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- Homework -

Let's make your original poses!

- Corn



- Apple, Apple Picking



- Acorn



- Fox



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★Check the instructions of Autumn Yoga poses and lesson ideas on our website!

<https://www.pyramid-kids-yoga.com/autumn-yoga>

★'Autumn Mindfulness Coloring' FREE download available

<https://www.pyramid-kids-yoga.com/autumn-mindfulness-coloring>

★ We published our kids yoga books! Available at Amazon worldwide!

'Sora and Ryan's Yoga Adventure in Singapore'

<https://www.pyramid-kids-yoga.com/kidsyoga-book1>

'Sora and Ryan's Yoga Adventure in Japan'

<https://www.pyramid-kids-yoga.com/japan>

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