

Bird Flaps its Wings.



Around the Platter.



**Around the Platter Variation** 



Daughter on the Mountaintop.



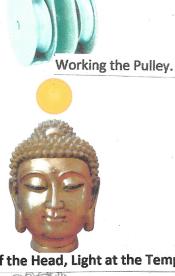
Daughter in the Valley.



Carry the Ball to the Side



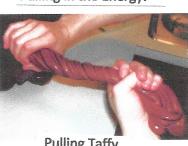
Push Pull.



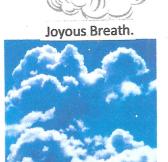
Light at the Top of the Head, Light at the Temple



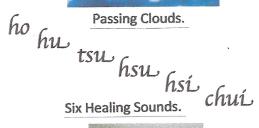
Pulling in the Energy.













**Cosmic Consciousness Pose** 



Wrist Circle Taffy



Perpetual Motion Taffy.