

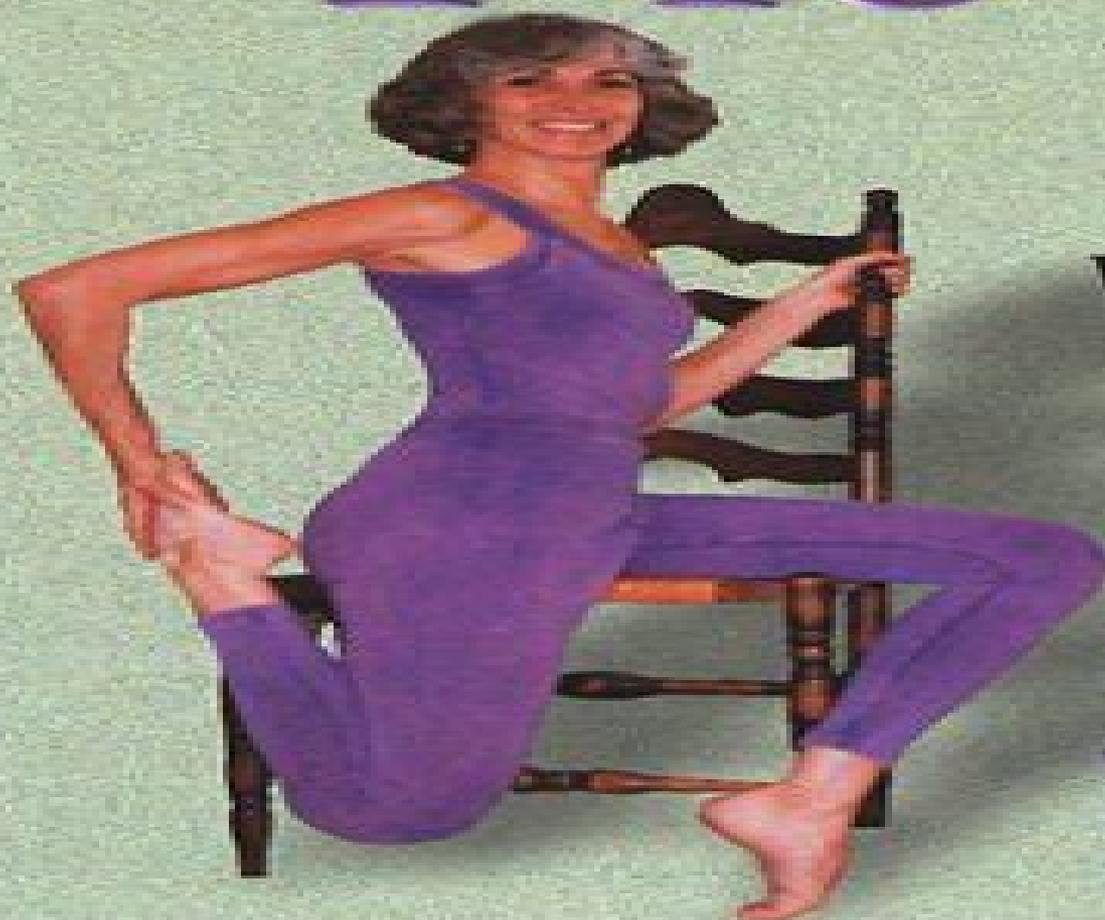
Sitting Fit

TM

Four Easy
Seated
Yoga Classes
with

Susan
Winter Ward

*Native American
flute music
by Jesse Kalu
and Alexander*



YOGA for the
YOUNG
HEART™

Sitting Fit Yoga Bits

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