# Happy Birthday Kateryna!

## Sun Salutation with Affirmations

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### Sun Salutation with Affirmations

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10

Yoga on the Beach October 12, 2024 Tahoe Flow Arts & Fitness Yoga on the Beach October 12, 2024 Tahoe Flow Arts & Fitness Yoga on the Beach
October 12, 2024
Tahoe Flow Arts & Fitness



Meditations, asanas, and music at: https://www.raynaharris.com/blog/ beach-yoga-birthday/



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