

Monday



Lion



Cobra

Elephant



Switch Us On daily at 2pm (AEDT) for fun-key yoga. It may be animated, noisy and fun, but don't be fooled, having fun is the key to learning new and wonderful experiences!

Namaste!

SWITCH US ON at www.littlerockersradio.com.au

Tuesday



Tiger



Cobra

Elephant



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Namaste!

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Wednesday



Lion



Cobra

Bear



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Namaste!

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Thursday

Giraffe



Elephant



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Namaste!

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Friday



Tiger



Bear



Flamingo



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Namaste!

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Saturday



Cobra



& Twisting Cobra

Waterfall



Tree



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Namaste!

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Sunday



Flamingo

Waterfall



Monkey



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