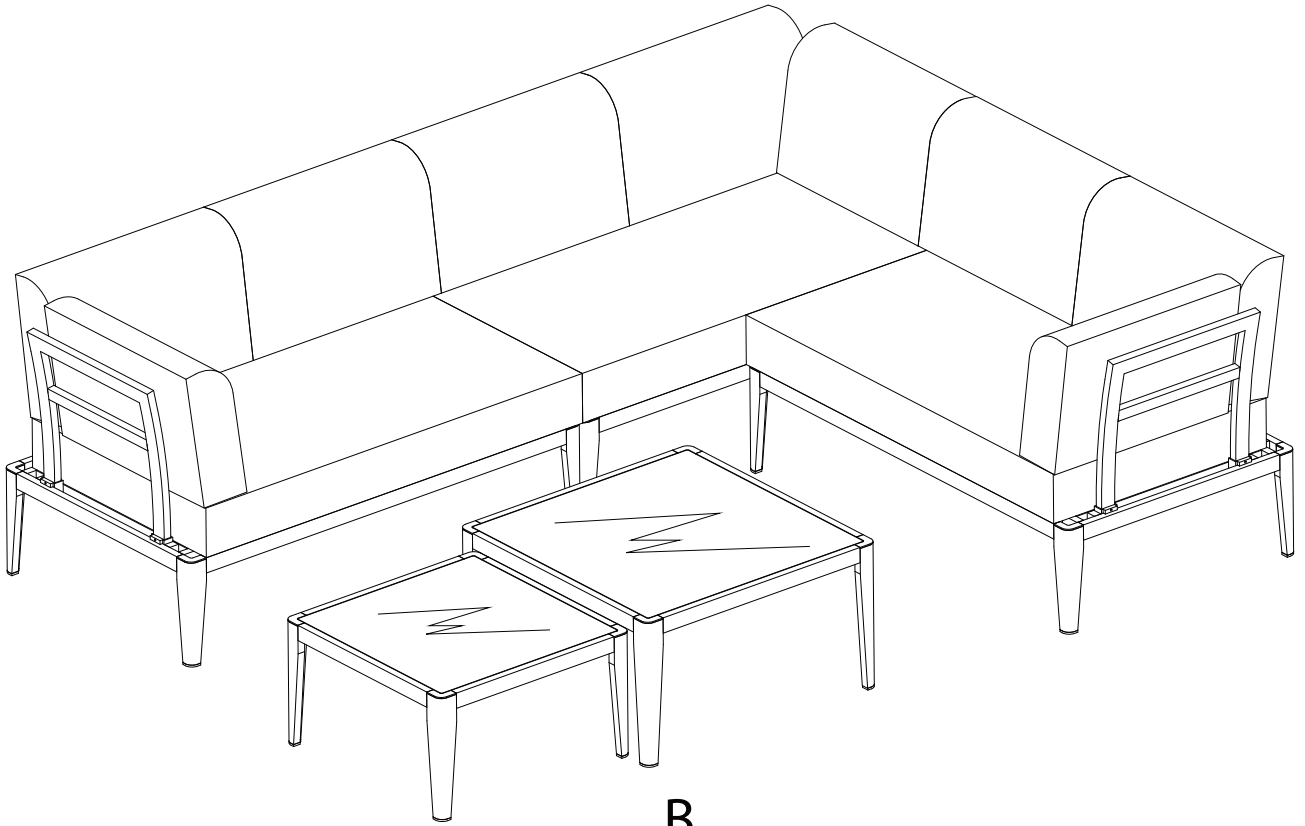
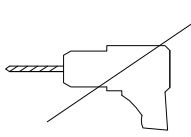


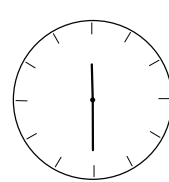
A



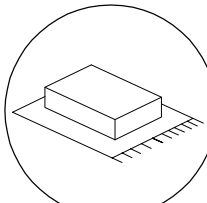
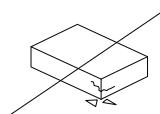
B


! (Warning symbol)

 (Prohibition of drilling)

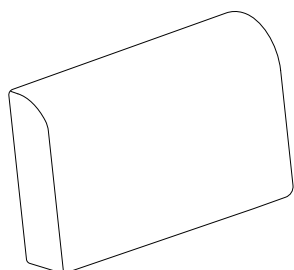
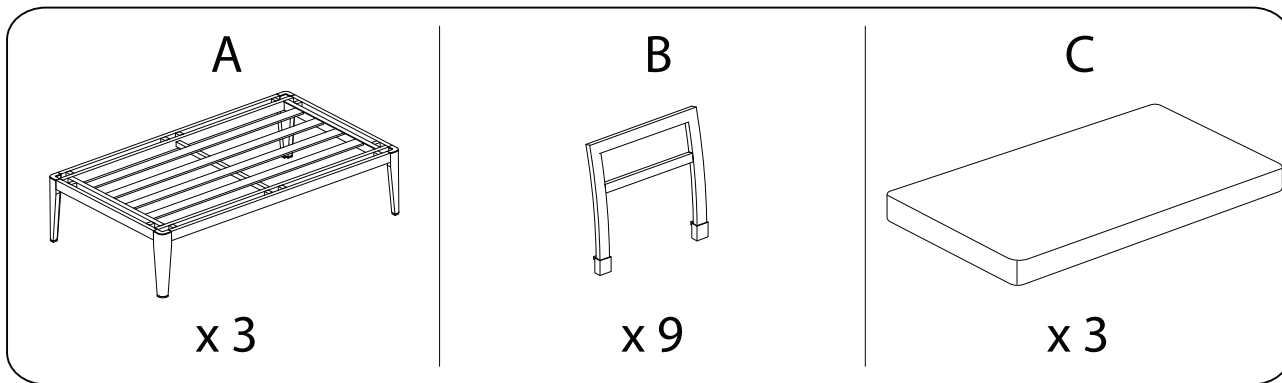
 30' (30 minutes)

! (Warning symbol)

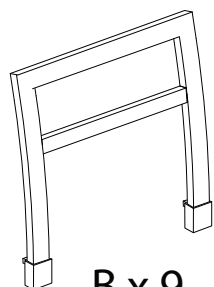
  (Cushions should be placed on a mat, not directly on the floor)

 1 (1 person)

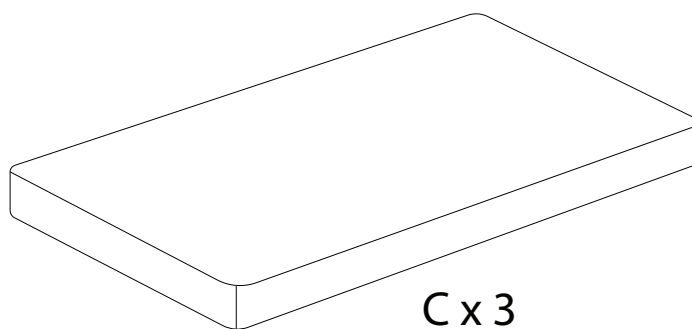
A



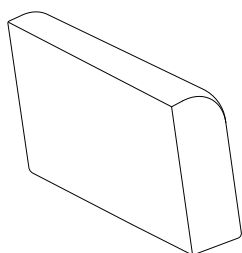
D x 6



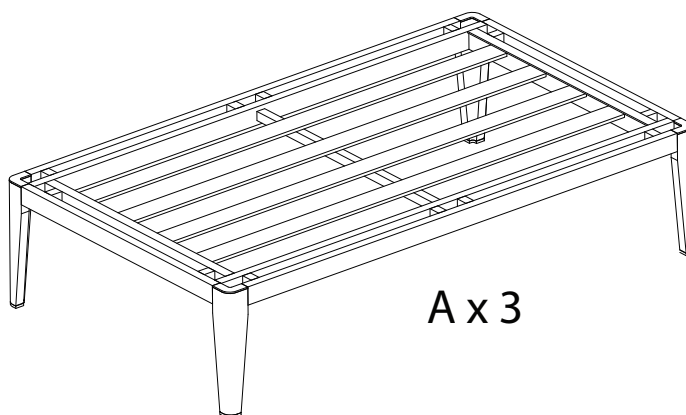
B x 9



C x 3

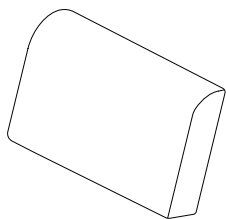


E x 3



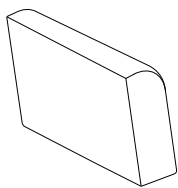
A x 3

D



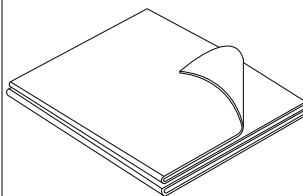
x 6

E



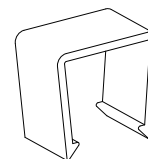
x 3

F



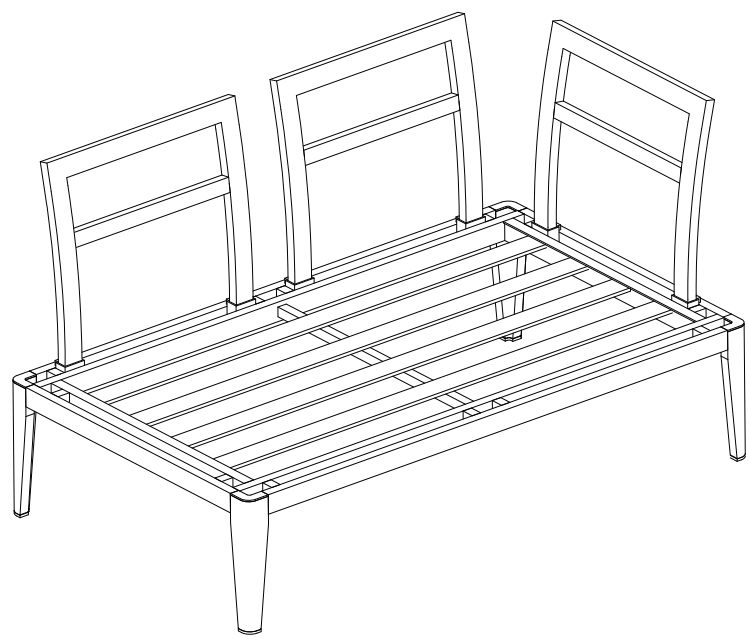
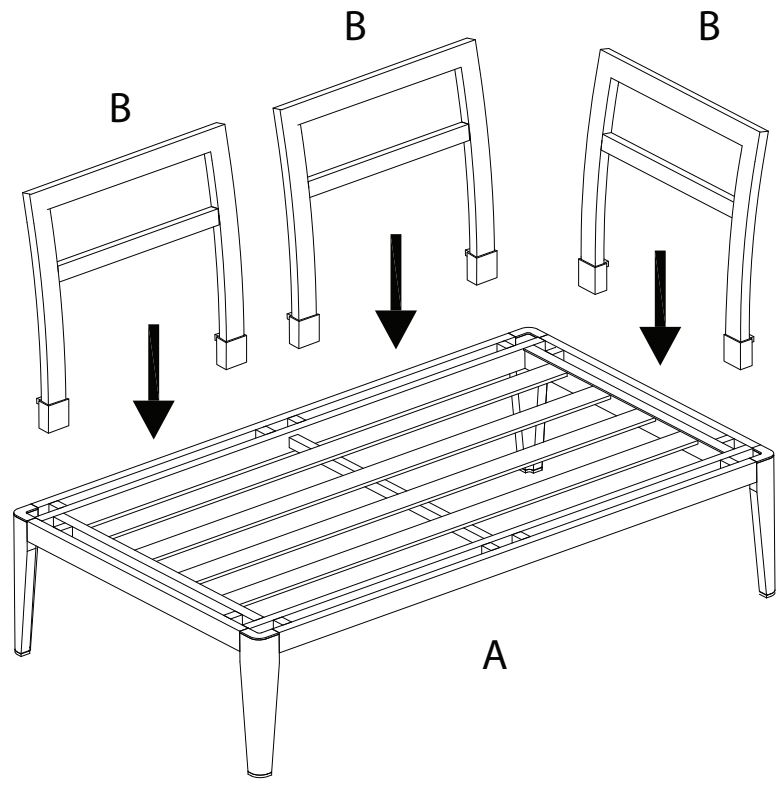
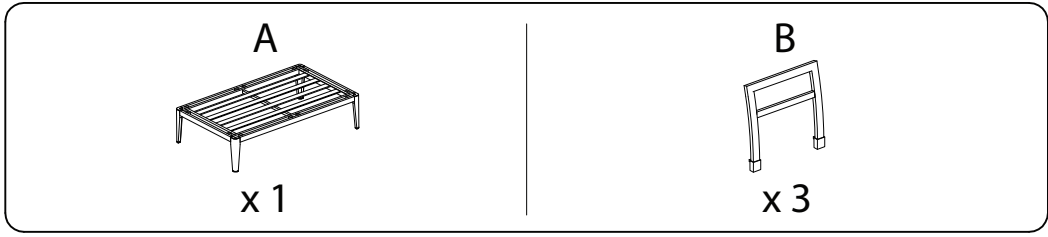
x 6

G

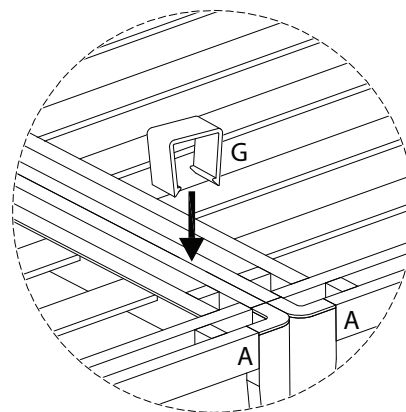
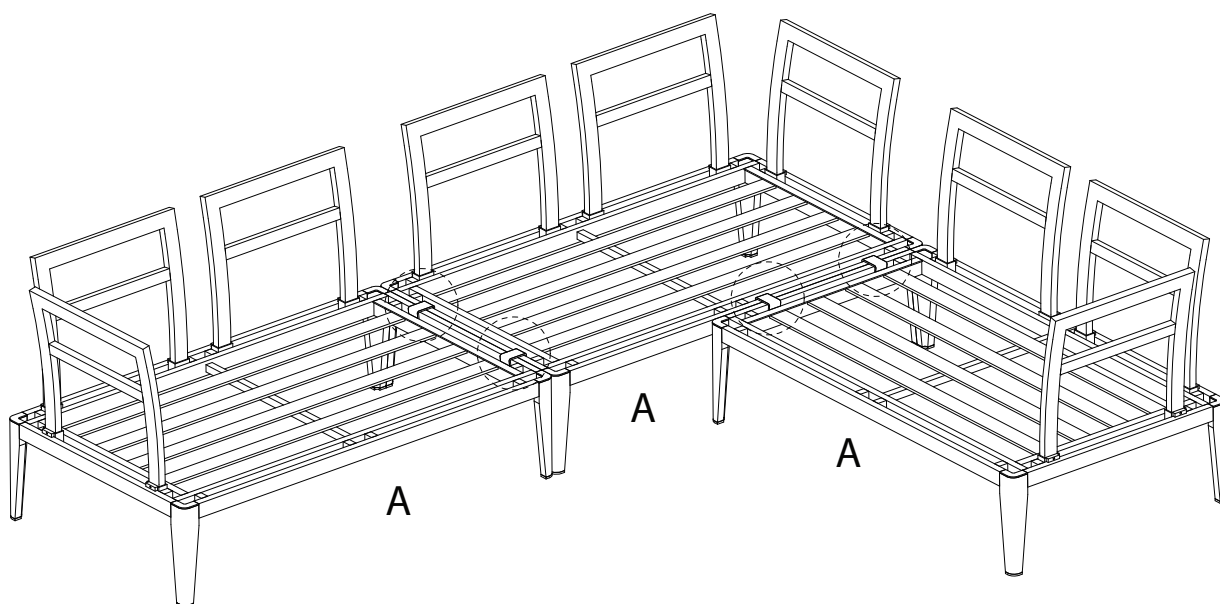
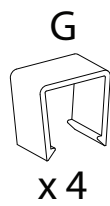


x 4

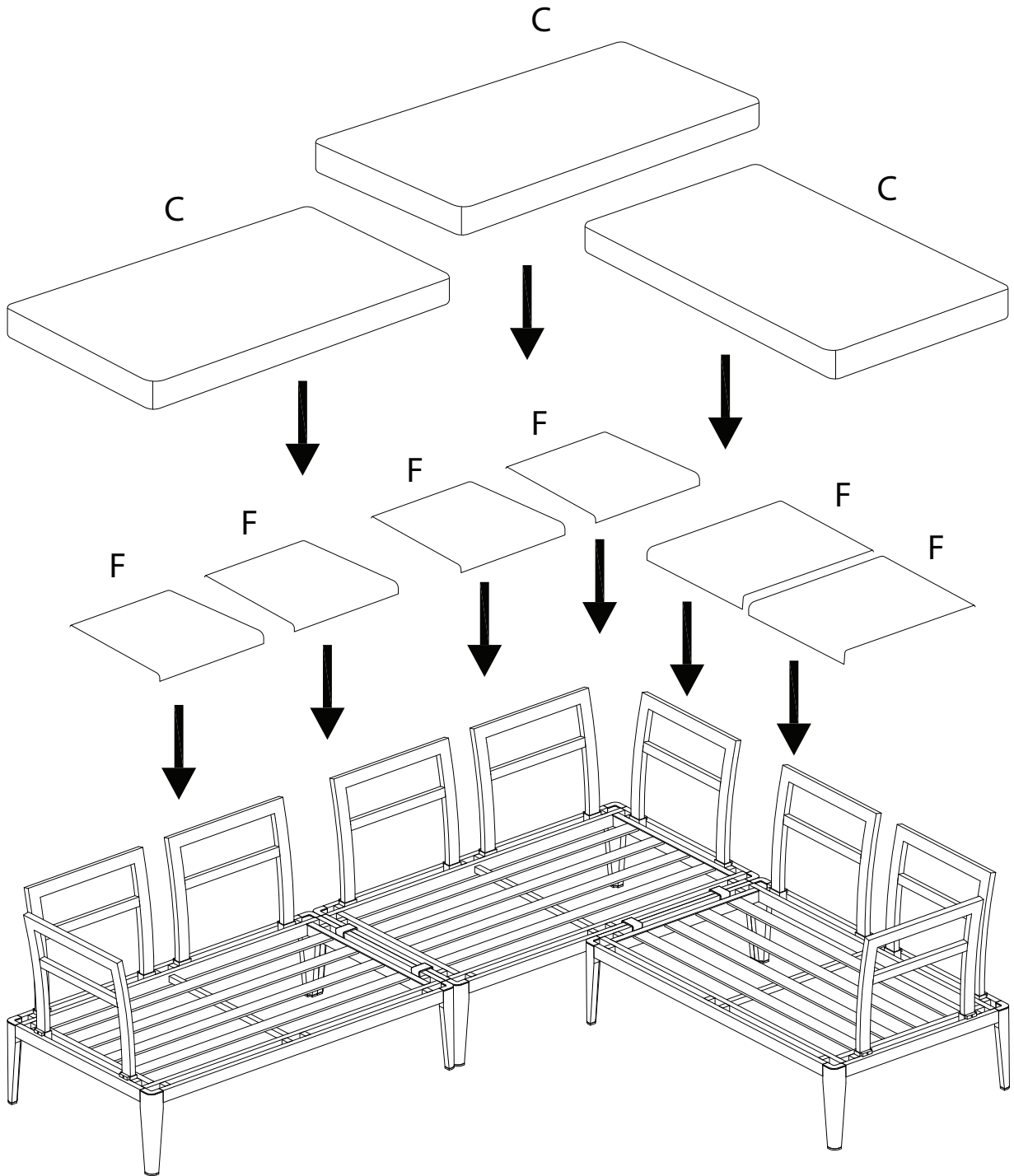
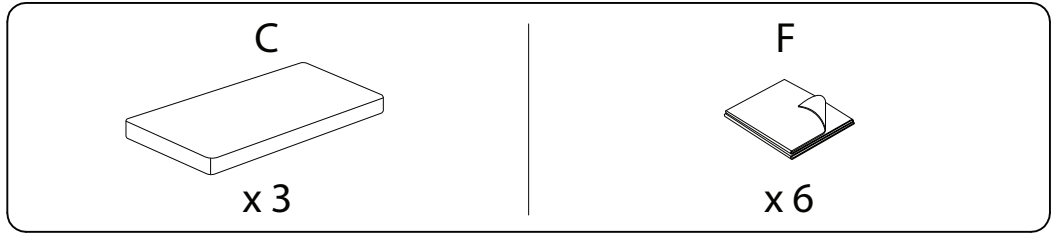
1 x 3



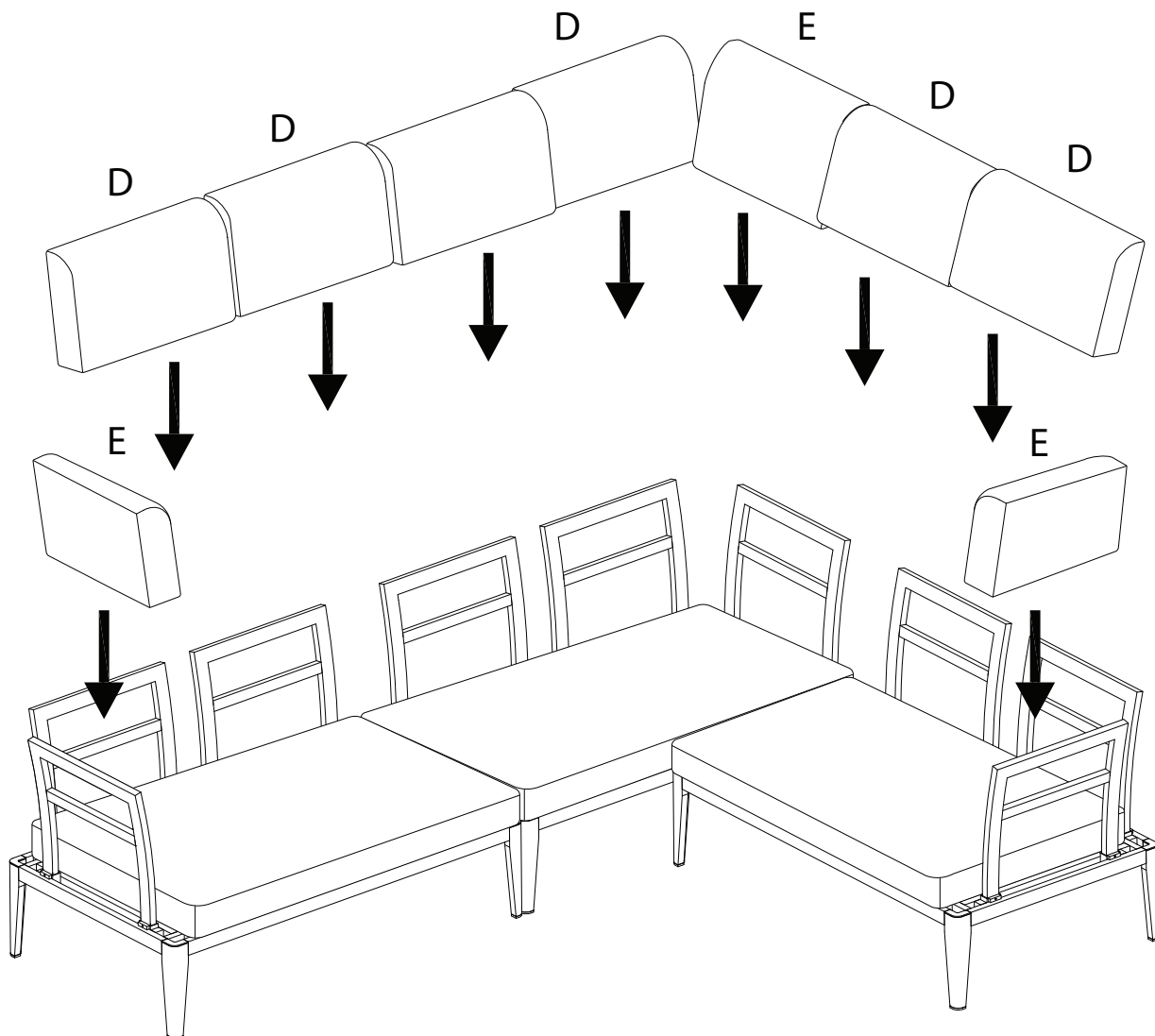
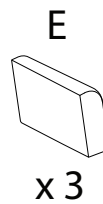
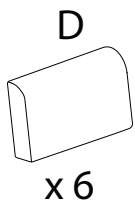
2



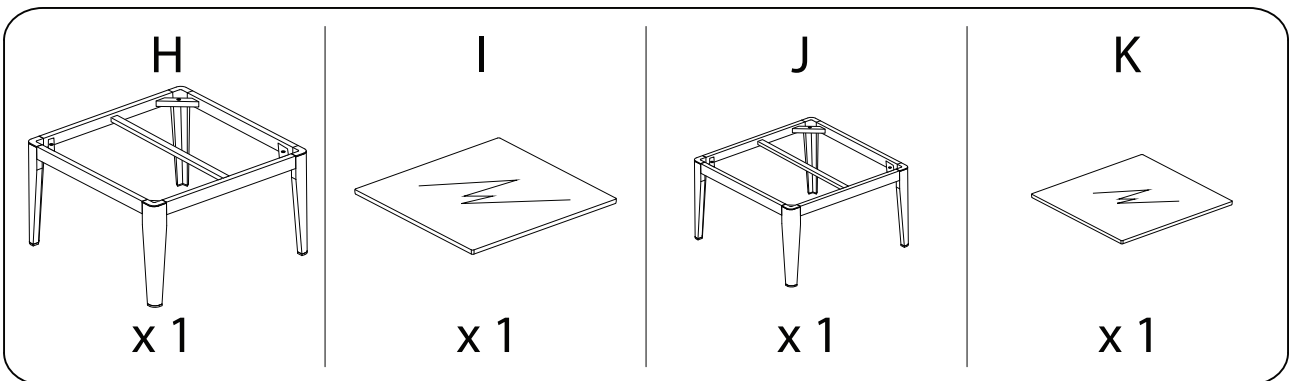
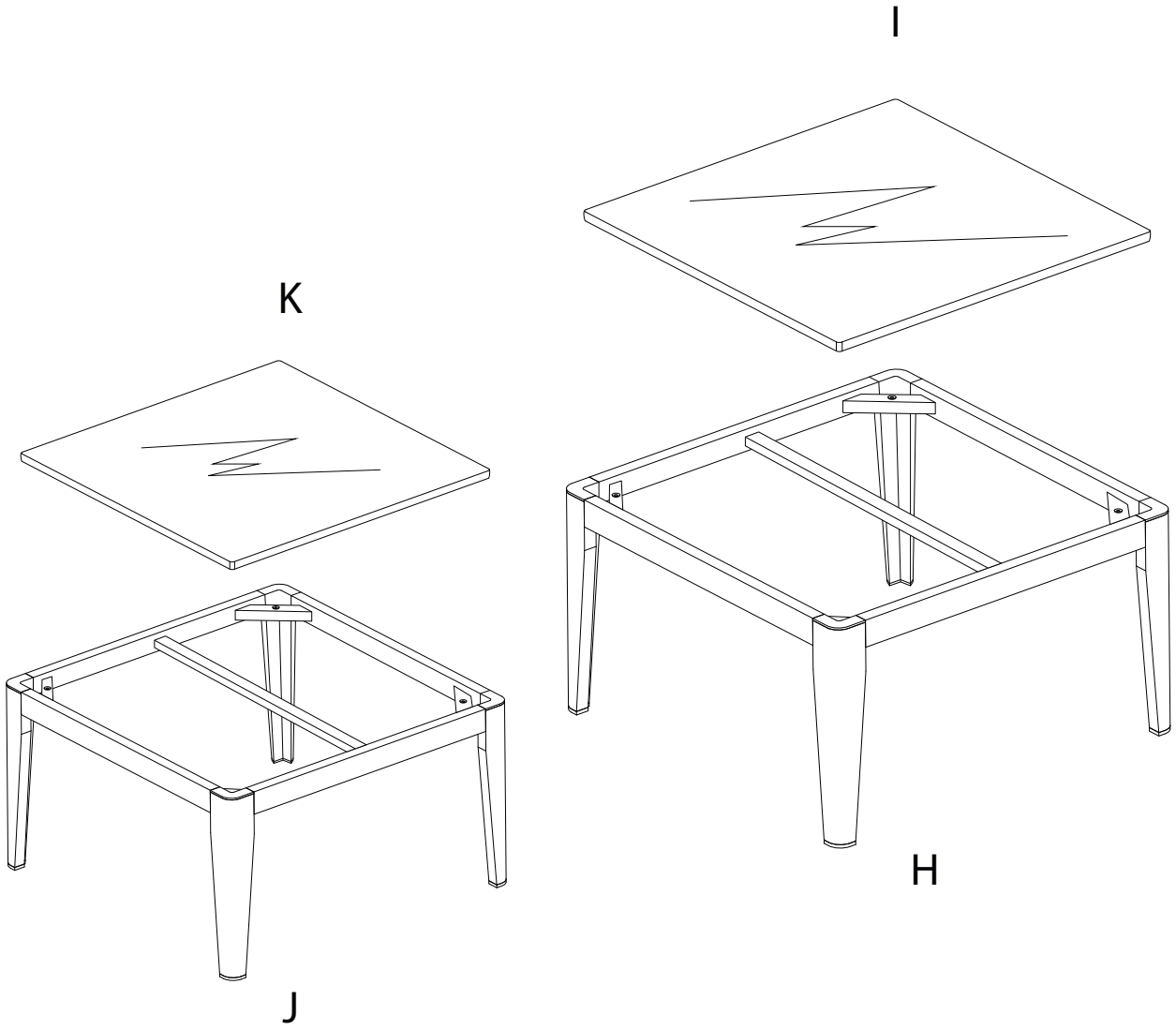
3



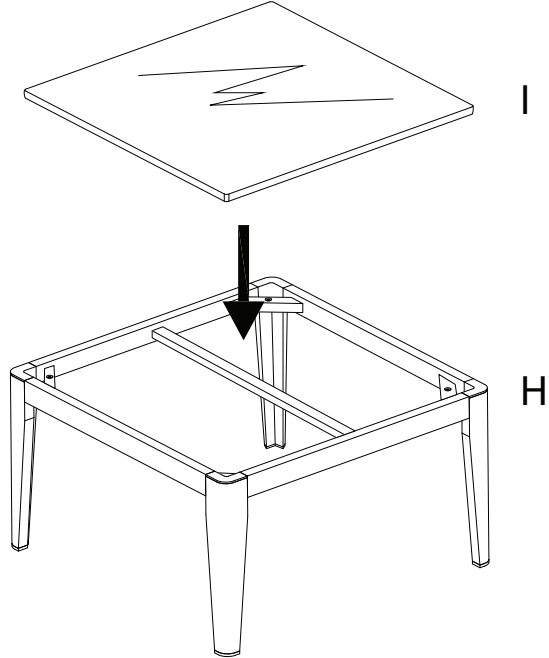
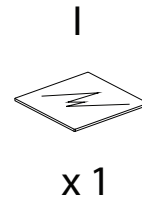
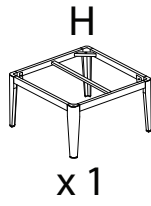
4



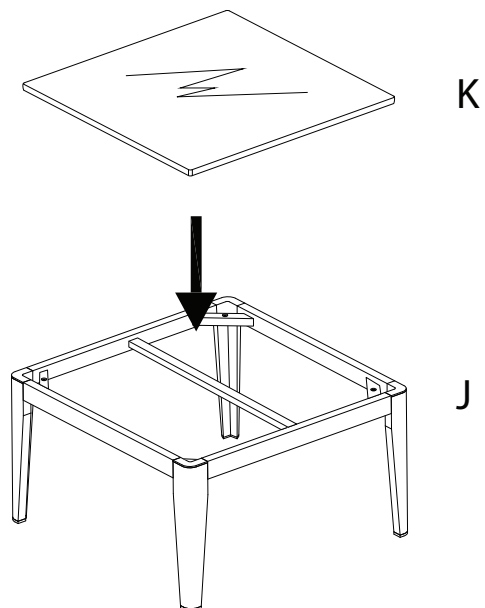
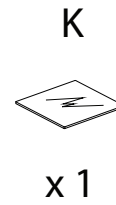
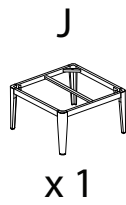
# B



1

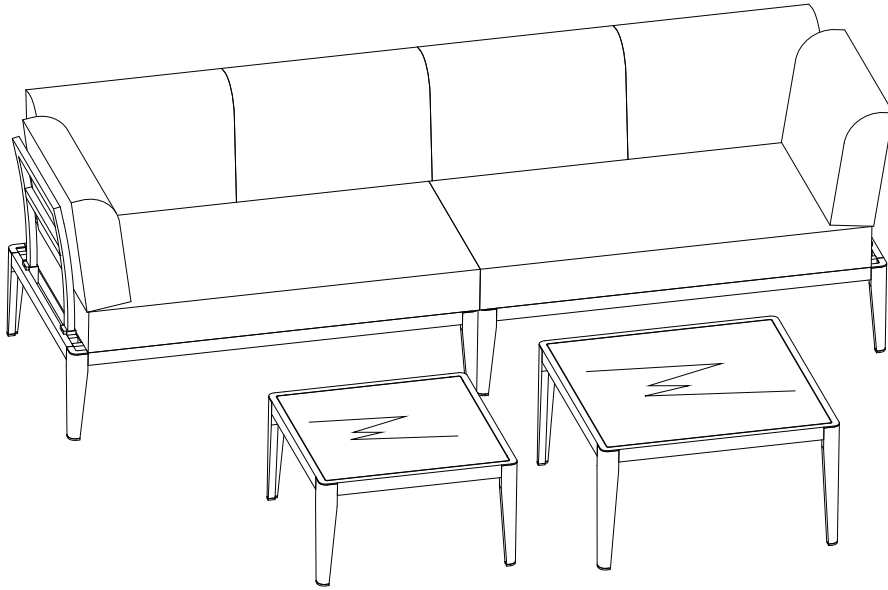


2

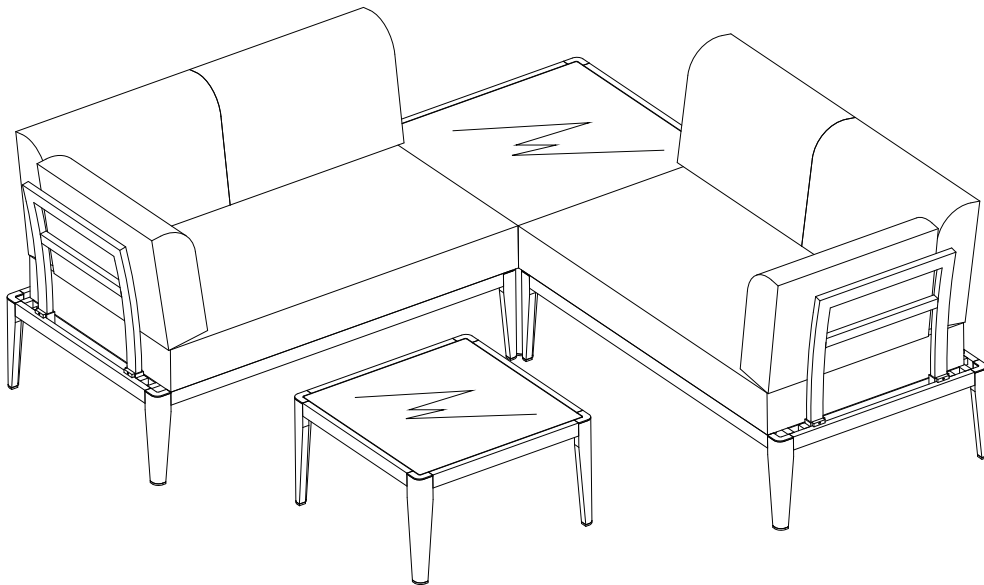




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