

test2

1. Noun
2. Adjective
3. Adjective
4. Verb
5. Noun
6. Noun
7. Noun
8. Adverb
9. Adjective

test2

we chant Noun dedicate your practice to Adjective find the center of Adjective and
 Verb its greatness breath all the way in to your Noun Noun we will begin with
 Noun then move to breathing Adverb and being Adjective of your neighbor as you
move through explore the pose