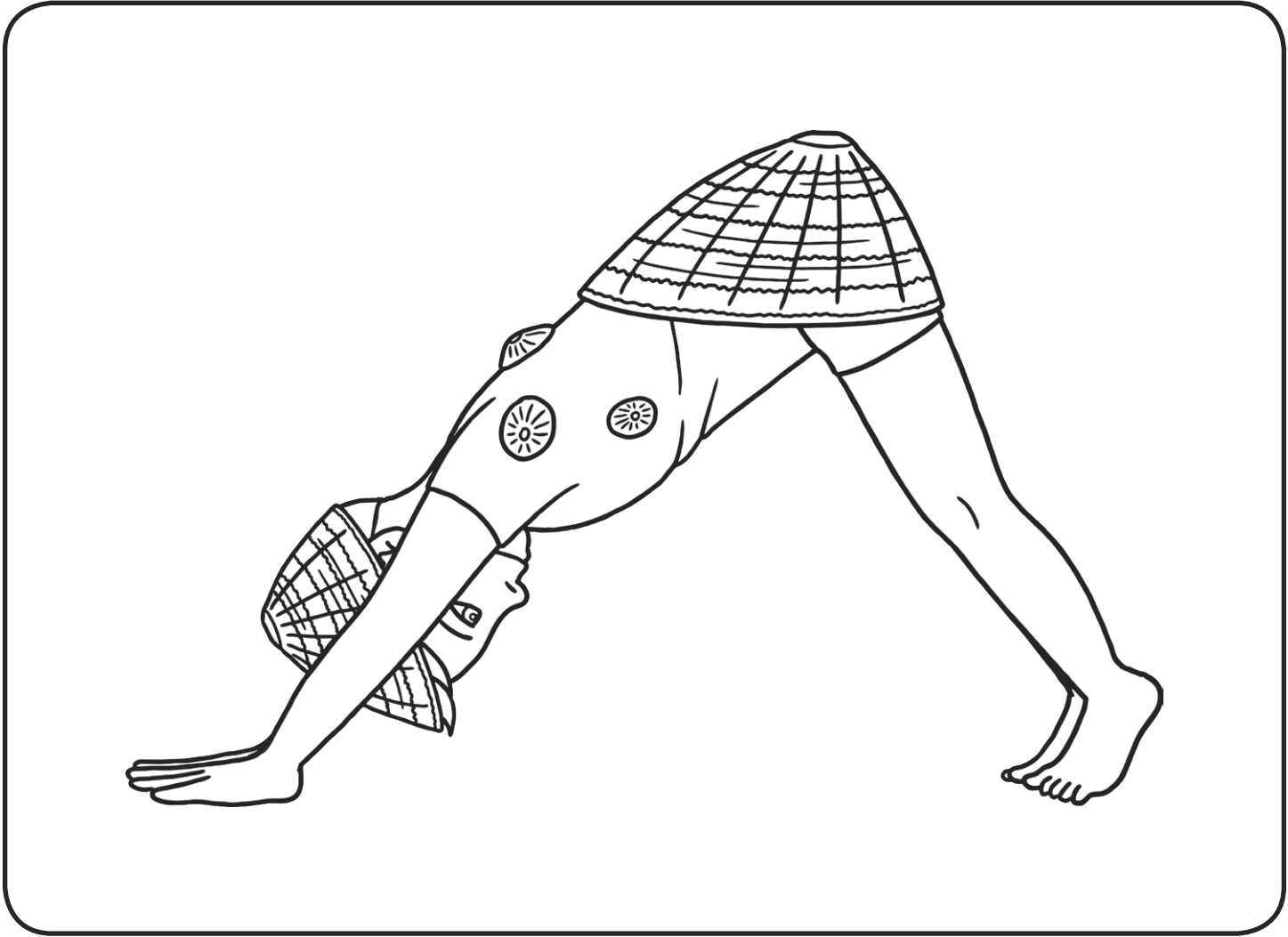


Recipe for a Limpet Pose



Remember to keep safe by _____.

Prepare for the pose by _____.

To move into the pose, first _____.

Then, _____.

Next, _____.

Remember to breathe _____.

To come out of the pose, _____.

Finally, _____.