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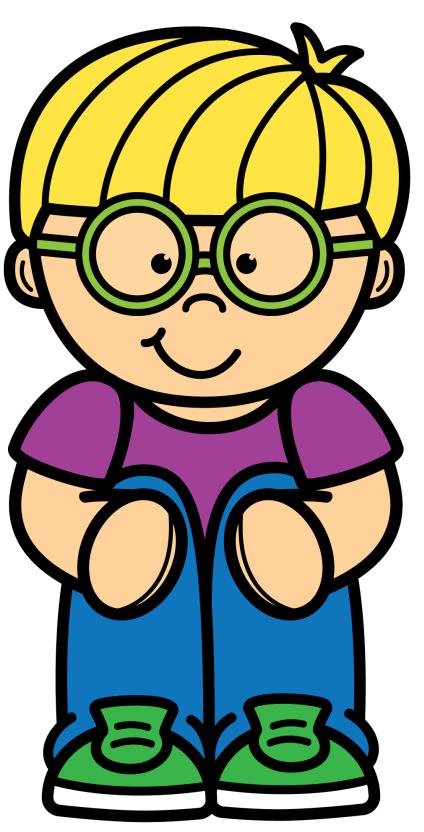
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Clip art credit:

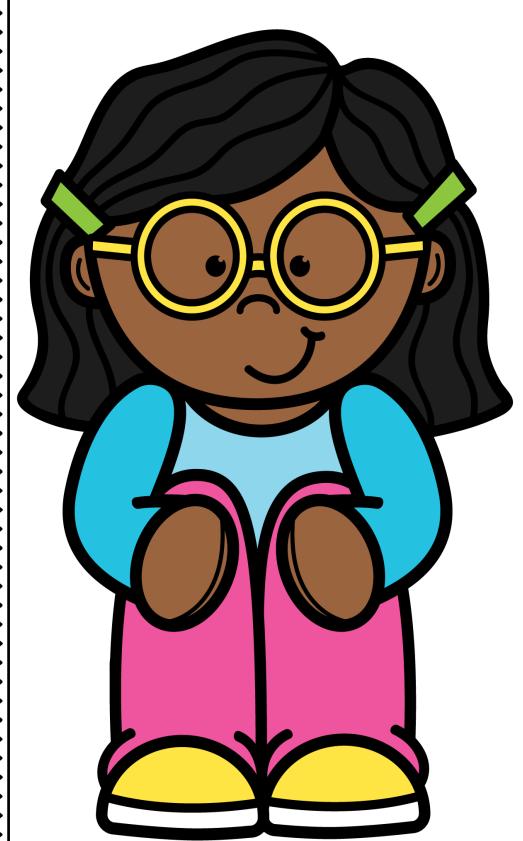




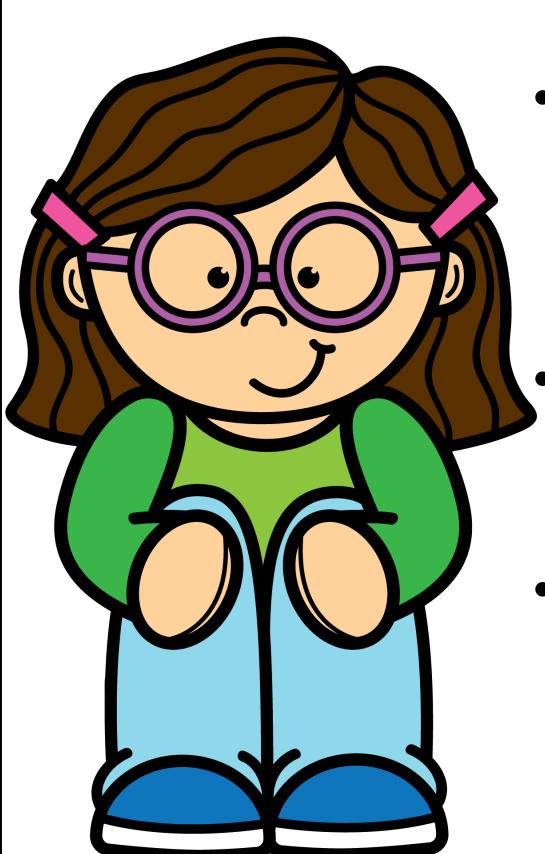
- feet on the floor
- kneesup
- armsaroundlegs



- feet on the floor
- kneesup
- armsaroundlegs



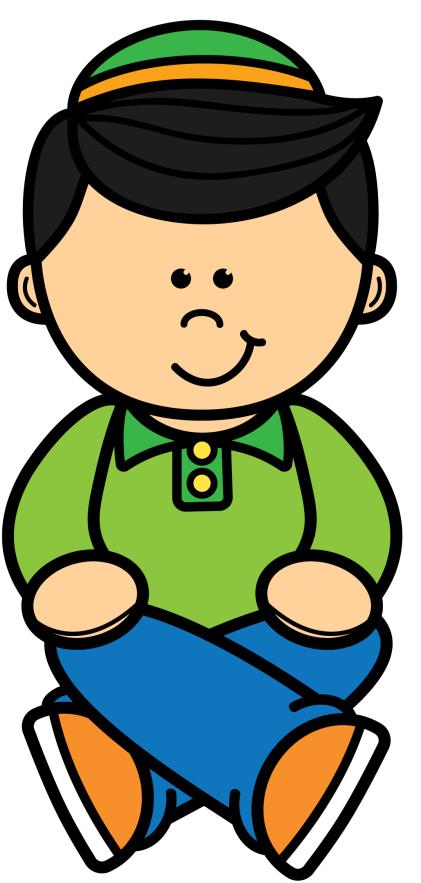
- feet on the floor
- kneesup
- armsaroundlegs



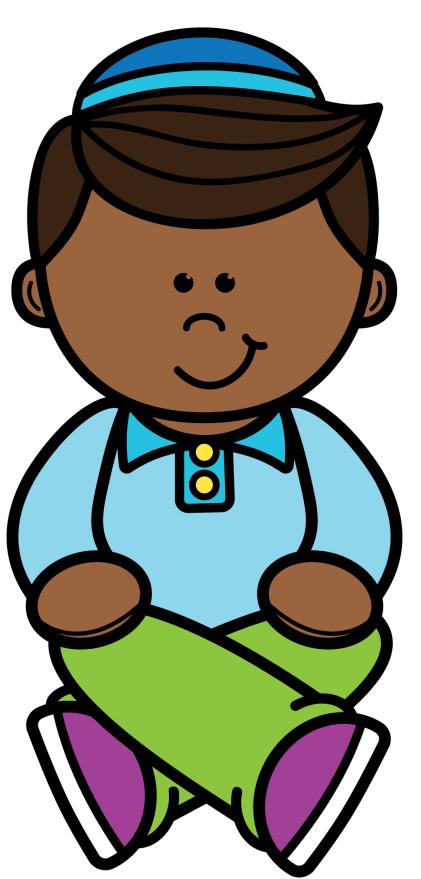
• feet on the floor

kneesup

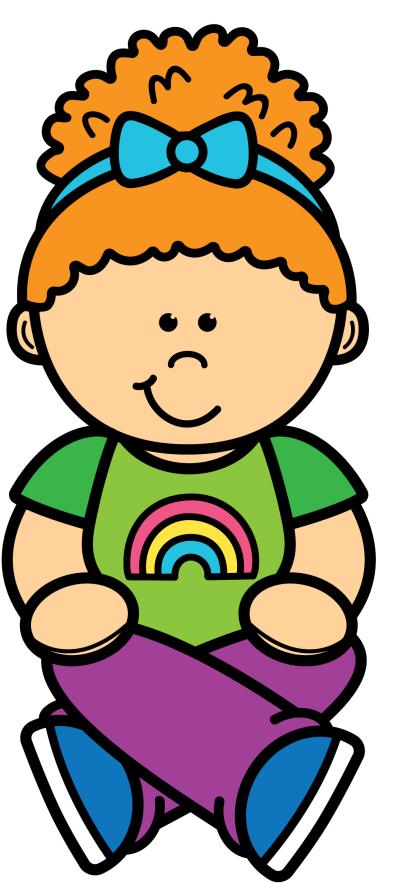
armsaroundlegs



- legscrossed
- hands in your lap or on your knees



- legscrossed
- hands in your lap or on your knees



- legscrossed
- hands in your lap or on your knees



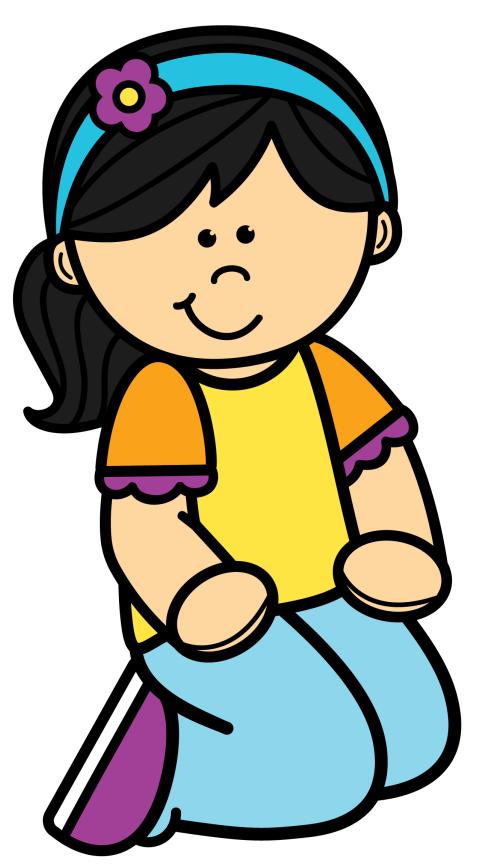
- legscrossed
- hands in your lap or on your knees



legsbent toone side

feetnext tolegs

hands in lap



legsbent toone side

feetnext tolegs

hands in lap



legsbent toone side

feetnext tolegs

hands in lap



legsbent toone side

feetnext tolegs

hands in lap

AT THE RUG

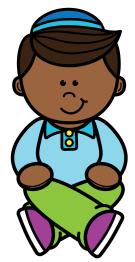
we can choose...



Mountain Sitting

Both legs pulled up to your chest like a mountain.





Pretzel Sitting

Both legs crossed like a pretzel.

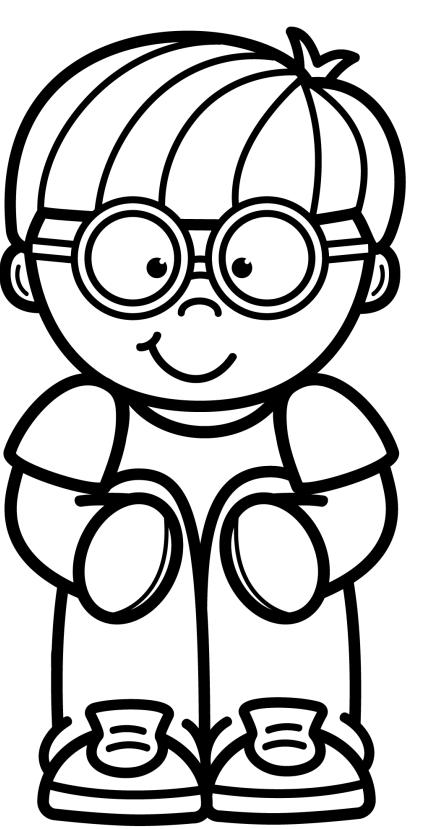




Mermaid Sitting

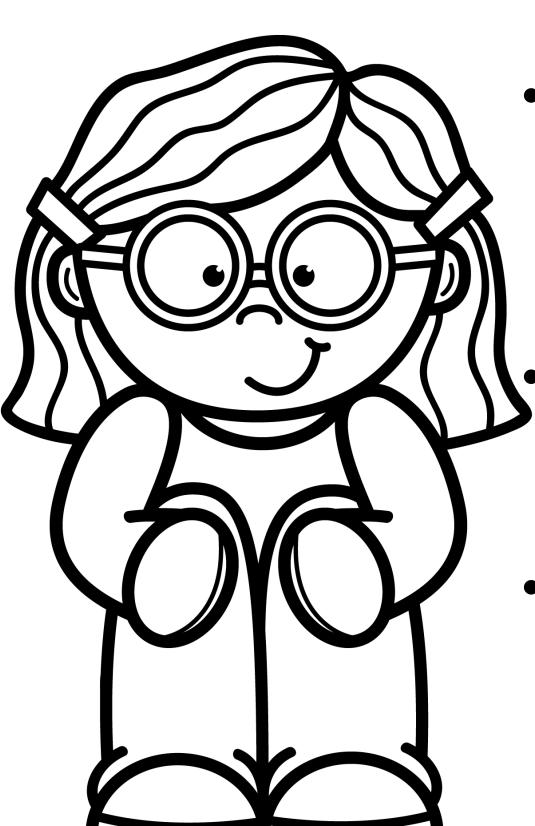
Legs are bent to one side like a mermaid.





- feet on the floor
- kneesup
- armsaroundlegs

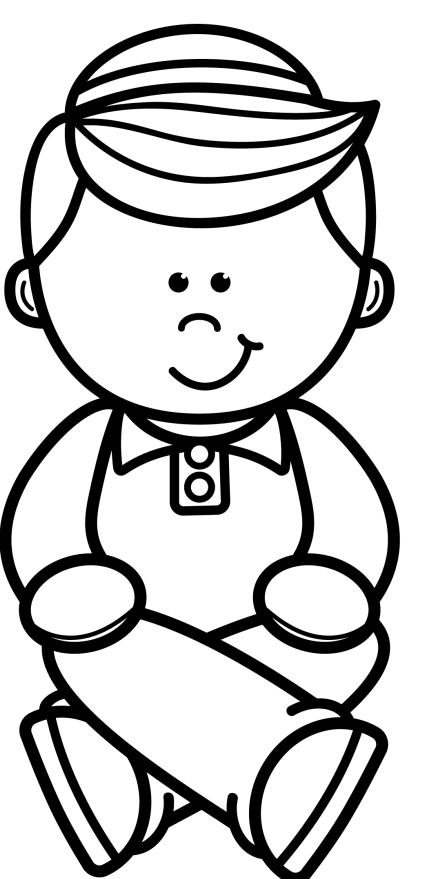




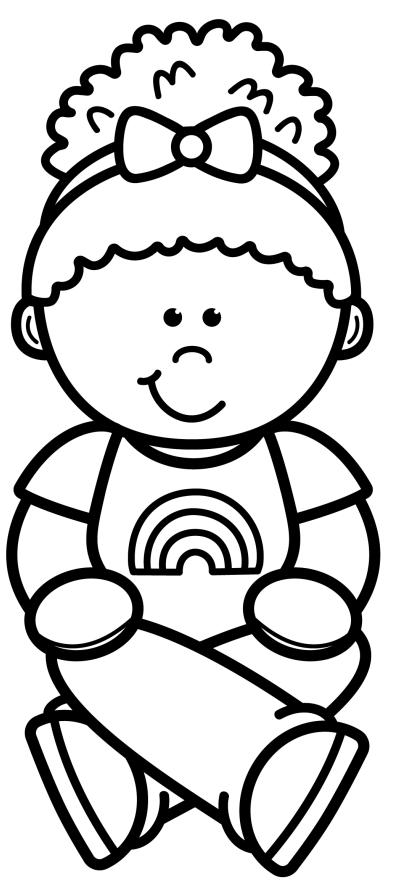
feet on the floor

knees up

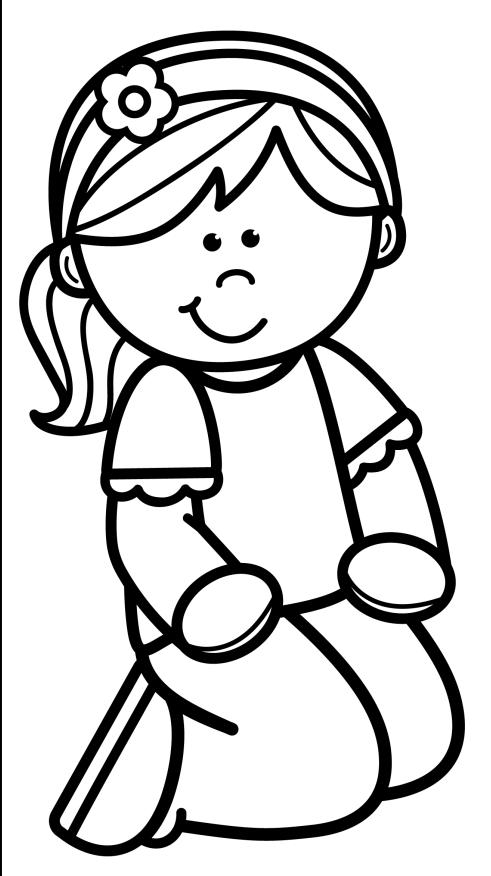
armsaroundlegs



- legscrossed
- hands in your lap or on your knees



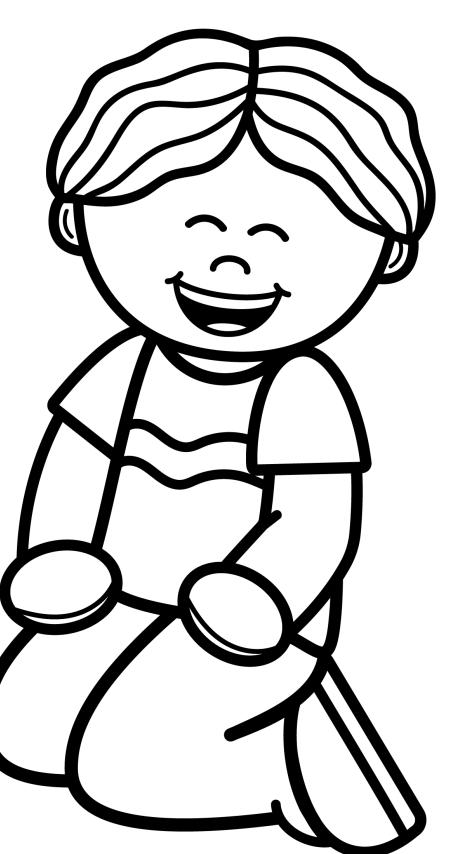
- legscrossed
- hands in your lap or on your knees



legsbent toone side

feetnext tolegs

hands in lap



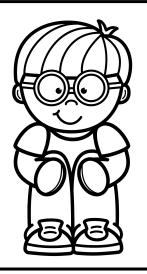
legsbent toone side

feetnext tolegs

hands in lap

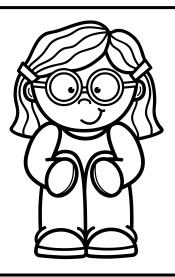
AT THE RUG

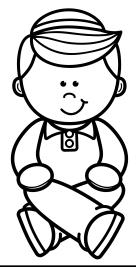
we can choose...



Mountain Sitting

Both legs pulled up to your chest like a mountain.

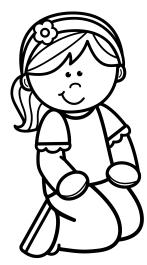




Pretzel Sitting

Both legs crossed like a pretzel.





Mermaid Sitting

Legs are bent to one side like a mermaid.

