



A graphic with an orange background. In the center is a black rectangle with white text. The text reads "YOGA FREEZE DANCE" in large, bold, white capital letters, and "Halloween Edition" in a smaller, white, handwritten-style font below it. Surrounding the central rectangle are four black silhouettes of people in various yoga or dance poses: a jumping pose (top left), a wide-legged pose (top right), a balancing pose (bottom left), and a downward dog pose (bottom right).



Yoga Freeze Dance



Freeze Dance Warm Up



Freeze Dance





Animal Freeze Dance



