

# Wes: Standing Poses 1

If you are right handed, print out this sheet as is. If you are left handed, flip page horizontally, then print.

# Wes: Standing Poses 1

!sittE! iH



# Wes: Standing Poses 2

If you are right handed, print out this sheet as is. If you are left handed, flip page horizontally, then print.

# Wes: Standing Poses 2

If you are left handed, flip page horizontally, then print.



# Wes: Sitting Poses 1

If you are right handed, print out this sheet as is. If you are left handed, flip page horizontally, then print.

# Wes: Sitting Poses 1

If you are left handed, flip page horizontally, then print.



# Wes: Sitting Poses 2

If you are right handed, print out this sheet as is. If you are left handed, flip page horizontally, then print.

# Wes: Sitting Poses 2

If you are left handed, flip page horizontally, then print.



# Wes: Sitting Poses 3

If you are right handed, print out this sheet as is. If you are left handed, flip page horizontally, then print.

# Wes: Sitting Poses 3

If you are left handed, flip page horizontally, then print.

