

I: Inhale
E: Exhale
B: Breathe

Sequence Title: **GOLDEN SEED** by Paul Grilley Date: _____

Position of feet and legs is fluid.

B



I



E



I



Horse stance

E



Elephant pose

I



E



E



Palms up
Finger touching

I

(curving spine)



E



Dipping bird

I



Soft hands
Arms at shoulder level

E



I
(unfurling)



E



Repeat as many times as it feels good.