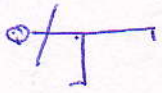
I: Inhale
E: Exhale

Sequence Title: THE FISHERMAN & THE ARCHER **Date:** 20/6/2020

Ending:

I-E  I E

Building blocks:

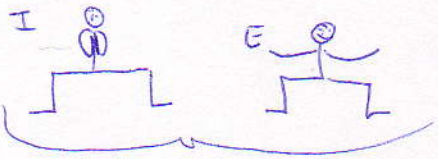
① I E I Warrior I E I (Pulling)

E I E I E

I E Warrior II + Ending.

② Repeat on the other side ①

③ Block ① + I E Horse stance

I  Rolling clouds I (Crossing arms) E Archer pose I

(E) + Ending

④ Repeat on the other side ③

⑤ Blocks ①+③+ E I Belly of dragon E R I Belly of dragon

E + Ending

⑥ Repeat on the other side ⑤. // Repeat ⑤+⑥ as many times as it feels good.

Copyright (©) 2020 Amshala Yoga Therapy
menchu@amshalayogatherapy.ie

Menchu