

R: right
L: left

I: Inhale
E: Exhale


Sequence Title: DRAGON BASKS IN THE SUN

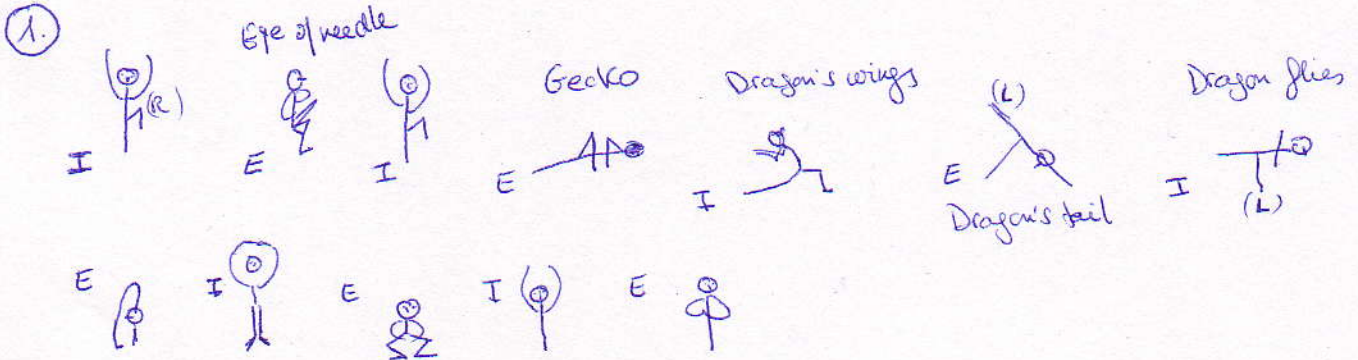
Date: 27/6/2020

Crane



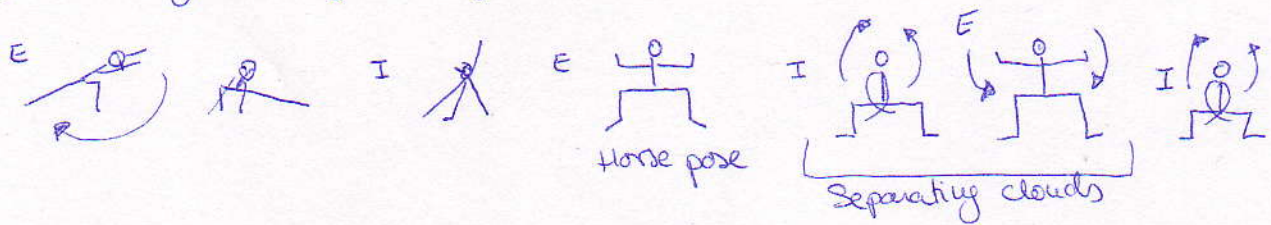
Eye of the needle

 If R ankle over L thigh, then R thumb over on chest and L hand cupped under belly.




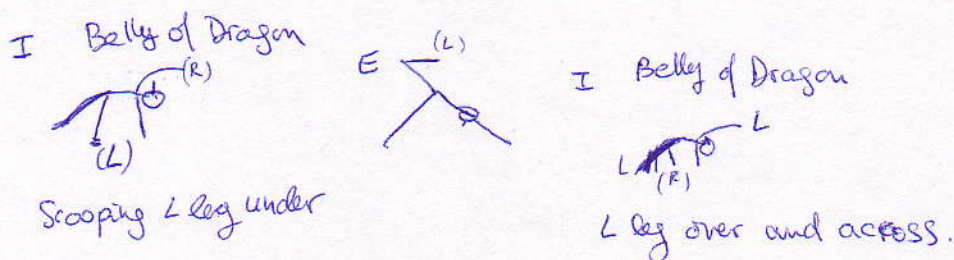
② Repeat on the other side.

③ Insert after Dragon's wings ():



④ Repeat #3 on the other side.

⑤ Insert after Dragon's tail ():



⑥ Repeat #5 on the other side.

⑦ Repeat whole sequence on both sides.