

B: Breaths

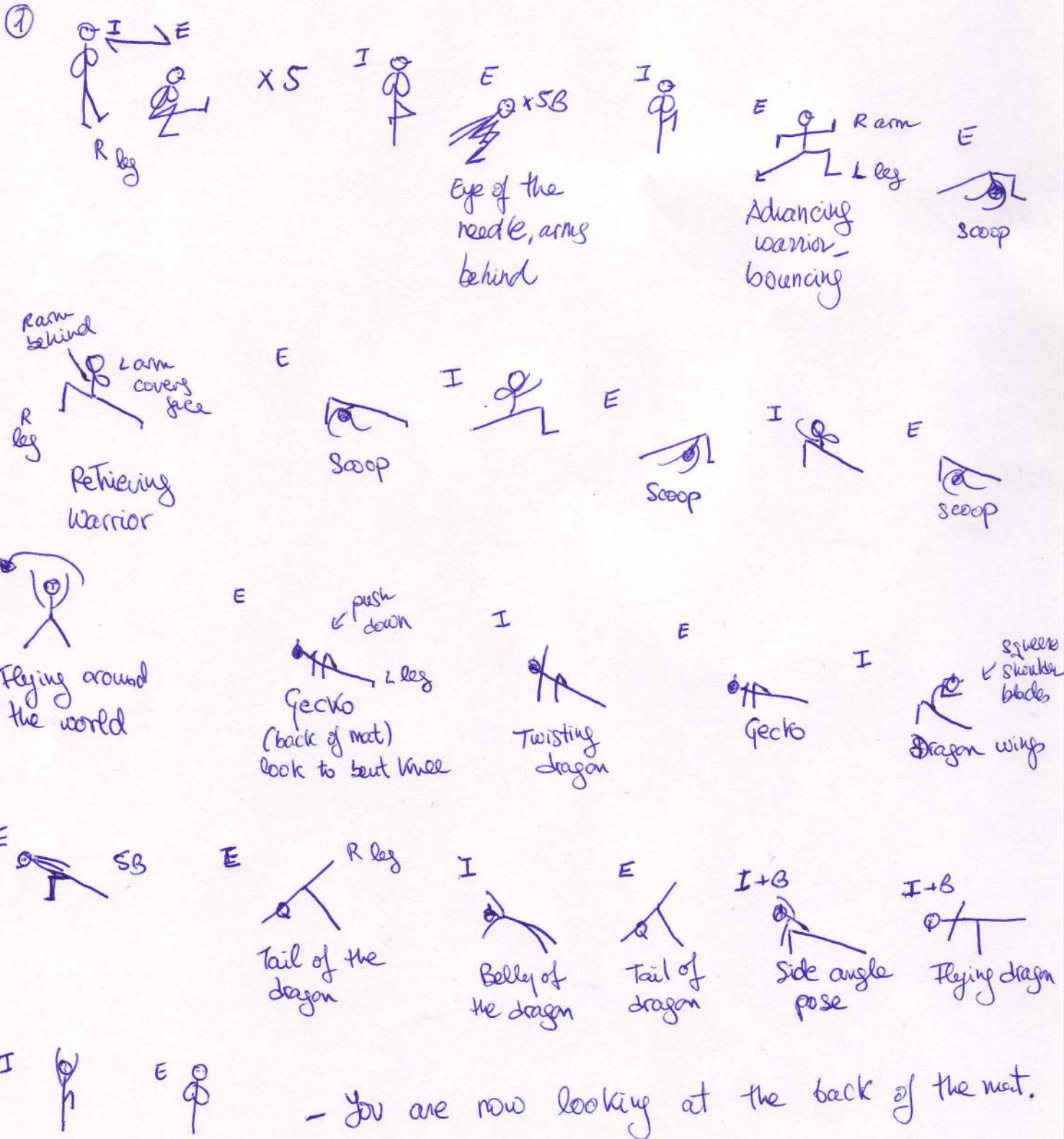
I: Inhale  
E: Exhale

L: Left  
R: Right

Style: SLOW FLOW / YANG

Sequence Title: DRAGON BALANCES

Date: 18/07/2020



② Repeat sequence starting with left (L) leg up for squatting.

Enjoy!  
Menchu