

B: Breaths

I: Inhale

L: Left

E: Exhale

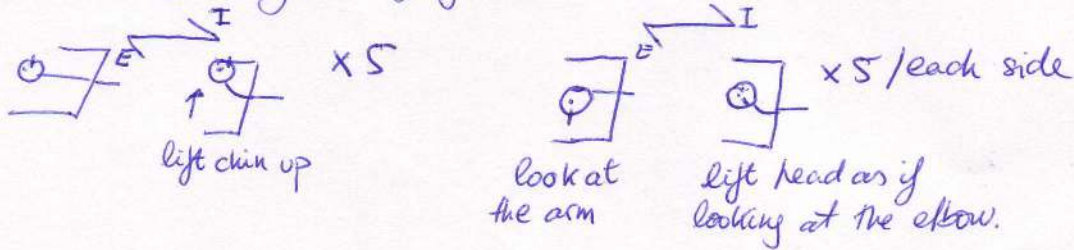
R: Right

Style: FLOW

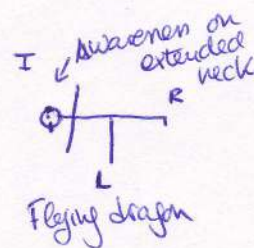
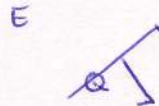
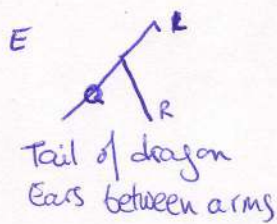
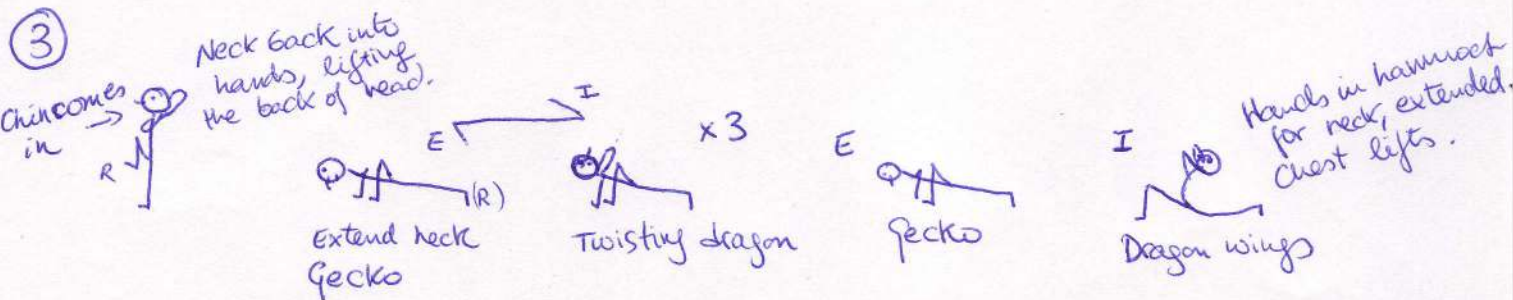
Sequence Title: DRAGON VARIATIONS - NECK EXTENSION FOCUS]

Date: 25/07/2020

① Neck strengthening - lying down on the back



② Golden seed sequence - warm up body x 2-3

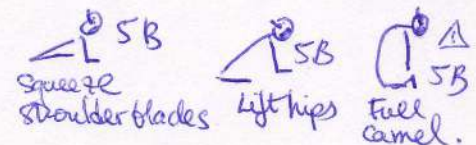


④ Repeat on the other side.

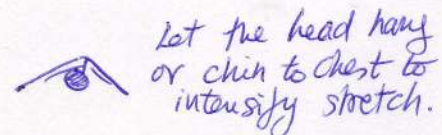
⑤ Ardha matsyendrasana or Lord of the Fish (seated twist): awareness on neck SB/side

⑥ Preparation for Ustrasana y Ustrasana or Camel

⚠ Do not let neck drop back; make it easier by bringing chin to chest.



⑦ Upavistakonasana or wide legged forward bend



⑧ Savasana or corpse pose

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