

R: Right I: Inhale
 L: left E: Exhale
 B: Breaths

Sequence Title: VERSION OF TWISTING THE DRAGON

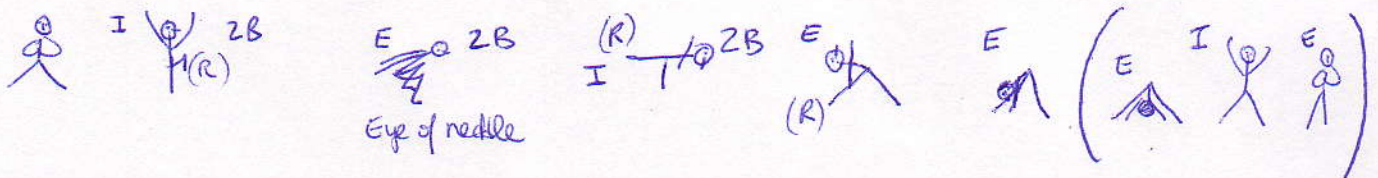
Date: 4/7/2020

End sequence:



Elephant Big elephant Bear

Start sequence:



Eye of needle

① End sequence x 2

② Start sequence + End sequence, R + L

③ Start sequence +



④ Repeat on the L side guiding.