

B: Breaths

I: Inhale

L: Left

E: Exhale

R: Right

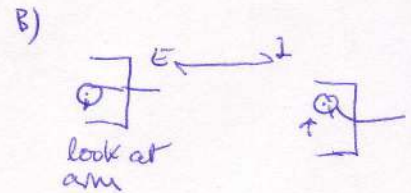
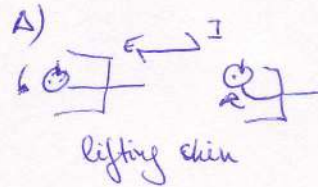
Style: FLOW

Sequence Title: DRAGON VARIATIONS - NECK EXTENSION FOCUS II

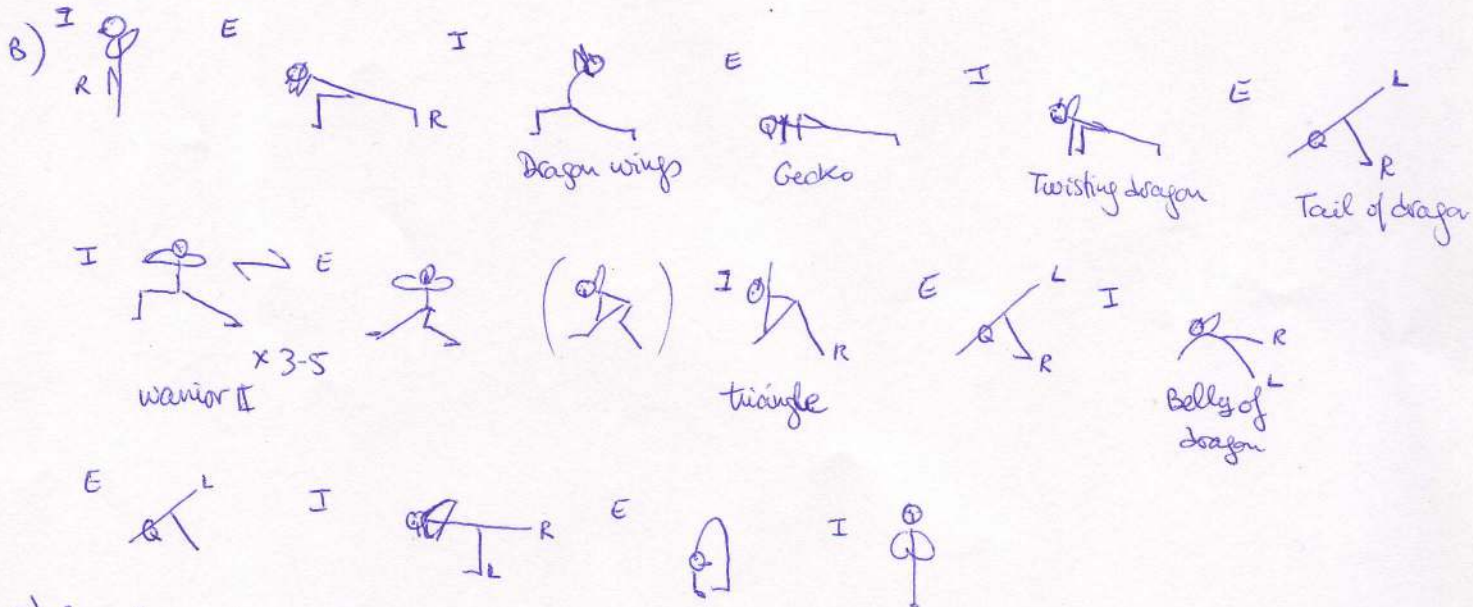
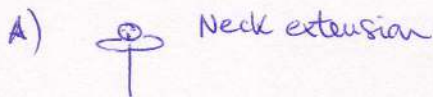
Date: 1/8/2020

① Neck strengthening

lie down on your back.



② Building sequence



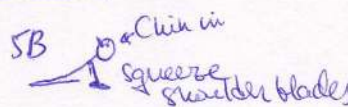
c) Repeat on the other side

d) Repeat B + C with arms extensions

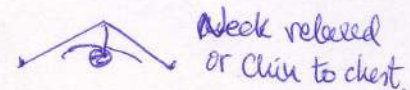
③ Ardha matsyendrasana / Lord of the Fish (seated twist)



④ Preparation + Ustrasana / Camel



⑤ Upanistha Konasana / wide legged seated forward bend



⑥ Savasana / Corpse

