

HALF BUTTERFLY / 5 min

both sides



SQUAT / 1-2 min



FROG / 2-3 min

(or Wide-knee child)



DRAGONFLY left + right / 3 min



DRAGONFLY center / 3 min

rest on your back / 1 min



LOW DRAGON / 2 min

rest in CHILD or DOWNDOG



CAT-TAIL / 3 min



HAPPY BABY / 2-4 min



YIN POSTURES FOR LIVER QI

and for

adductors (inner thighs) + hip flexors.
Do the whole sequence or pick asanas
that work for you

Dragonflies - option is to release and do
Windshield Wipers between holds

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