DANGLING / 1-2 min

HIGH DRAGON / 1-2 min

rest in CHILD between sides

ANAHATASANA / 2-3 min

SPHINX / 3 min

SEAL / 2 min

Go to CHILD / 1 min

SPRING DETOX YIN

Liver, kidneys, twists and upper body stretch for small & large intestines in support for cleansing and revitalizing the chi flow in the body.

NB! stay in Sphinx if Seal feels too much. Rest on belly after.

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DEER / 3 min

DEER twist / 2 min

BUTTERFLY / 5 min