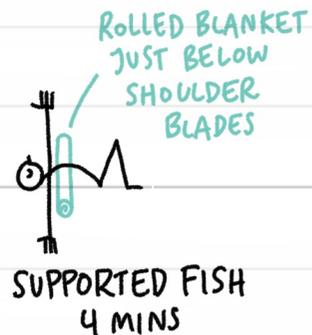
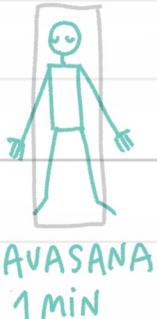


# YIN YOGA SEQUENCE - METAL ELEMENT (LUNGS & LARGE INTESTINE)

75 MIN CLASS



REBOUND:



RB:



KNEES to  
CHEST  
1 MIN

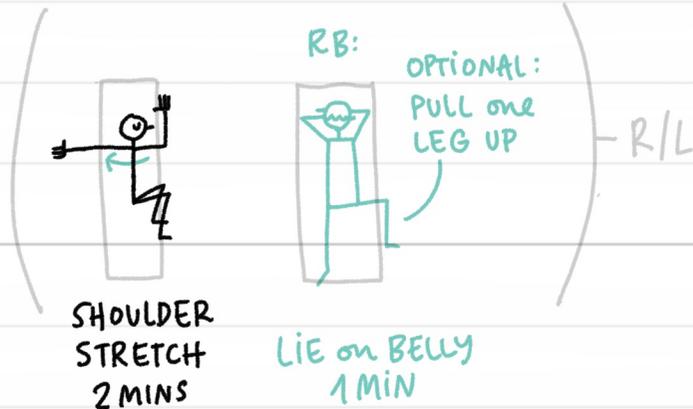


RB:



DIAPHRAGM  
BREATHING

LIE on BELLY  
1 MIN



EXTENDED  
CHILD'S POSE  
2 MINS



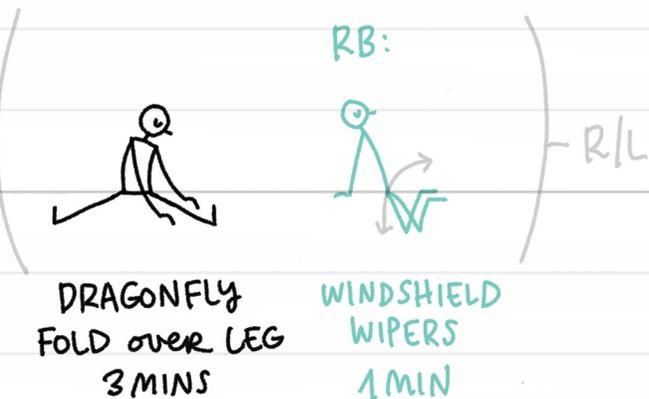
RB:



LIE on BELLY  
1 MIN



CHILD'S POSE  
3 MINS



DRAGONFLY  
FOLD over  
CENTER  
4 MINS



SAVASANA  
10 MINS