Chakra YIN Sequence

Meditation (5)

Deer pose (5 each side)

Baby Dragon (2) each

Winged Dragon ( 2 each)

Twisted Dragon ( 2 each)

Lying Twist (4 each)

or broken wing

Sphinx/Seal ( 5)

Supported Fish Pose (5)

Childs with Third Eye on Block (5)

Savasana