

Yin yoga sequence for the chakras

Do try this at home

1



2



3



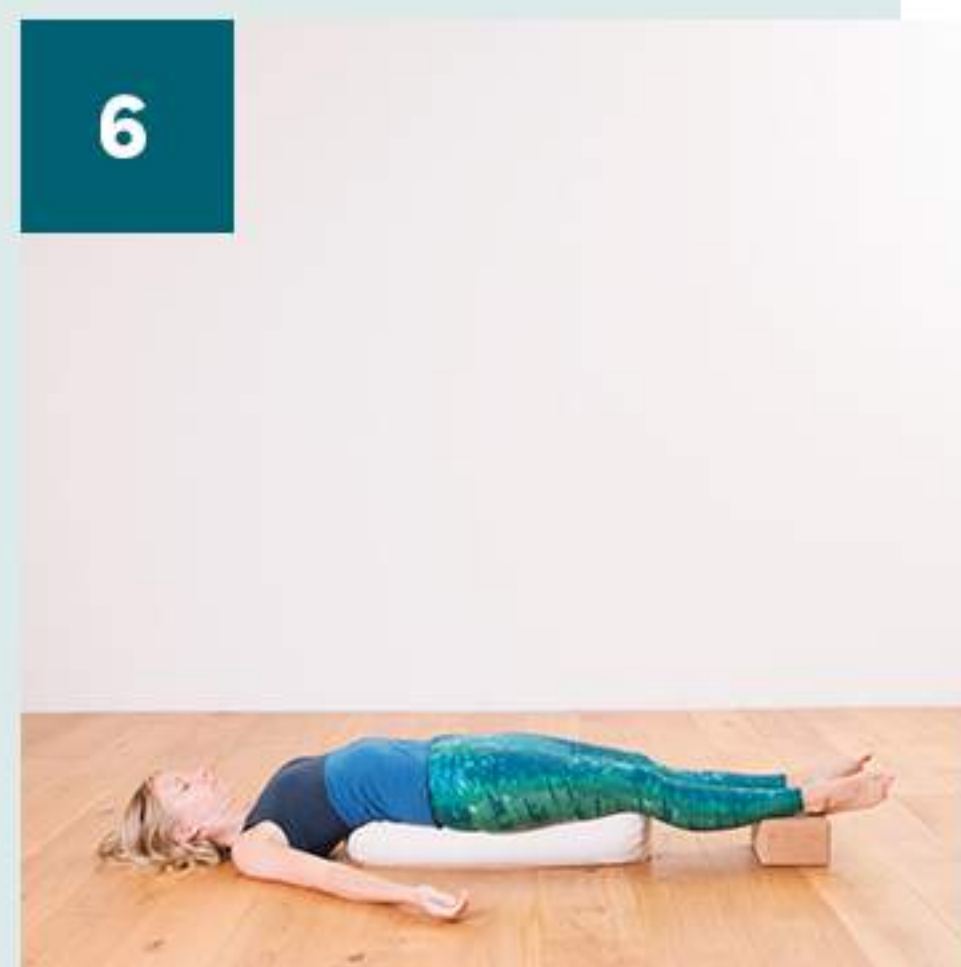
4



5



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7



8



9

