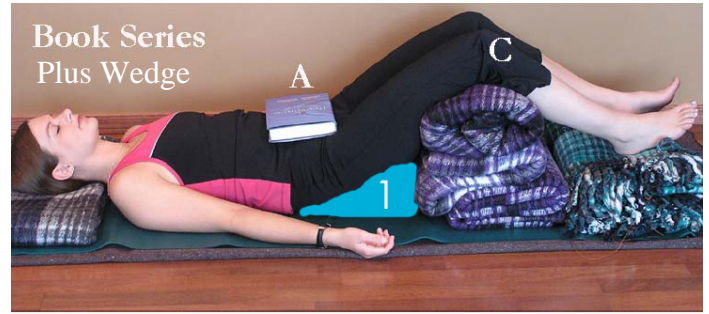




In addition to legs up supported, knees dropped apart and palms up, add a wedge of folded towel/blanket to fully support the back of your pelvis/sacrum. Allow the breath to flow in passively, steadily raising the book, then as the breath turns to leave, actively draw down from the front rim of the pelvis, pulling the skin of the lower abdomen tight against the lower back of the pelvis. As you continue to exhale, pull the abs successively upward and back, as though squeezing out a toothpaste tube, bottom – up until you have fully exhaled. Release the breath, passive inhale, repeat ____ breaths. Sense how the wedge allows the contents of the lower abdomen to hang in suspension, opening both the hip joints and low back.



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