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- A. Feet flat, arches up, shins vertical and legs hip width apart.
  - B. Chest open, shoulder blades active and pressing into the ground.
  - C. Inhale up, exhale down, lengthening through thighs vs thrusting up with hips. Exhale, lower one vertebra at a time, top-down.
  - D. Repeat for \_\_\_\_ breaths \_\_\_\_ times per day.



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