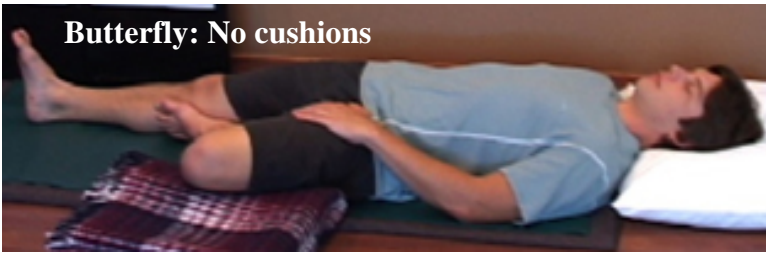
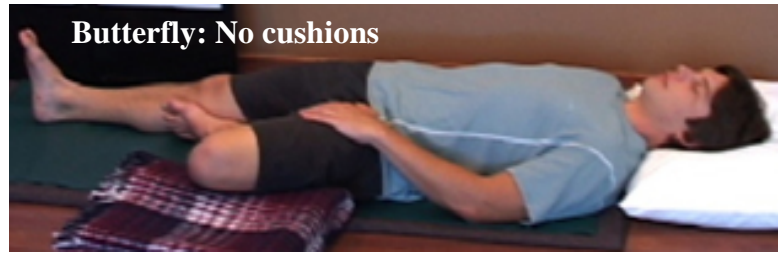


Butterfly: No cushions



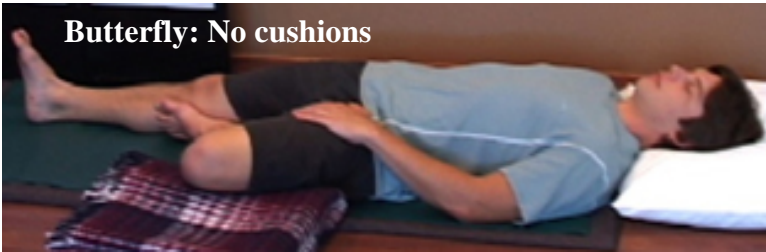
- Keeping pelvis still and flat, lower bent leg onto a blanket or pillow with just enough support to cradle leg but NOT block further motion.
- Use hand to sense tension and visualize melting/softening as you breathe fully “toward” that hip.
- As the leg releases, adjust the pillow away.
- Repeat for ____ breaths; repeat ____ times; ____/day. Do R L Both sides.

Butterfly: No cushions



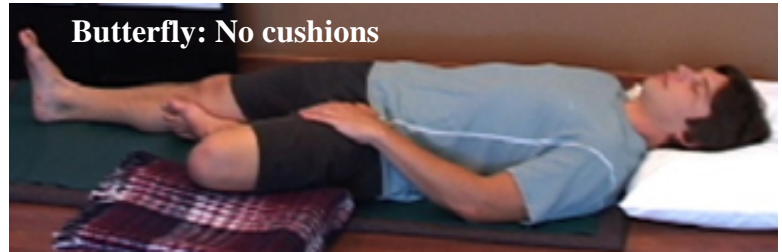
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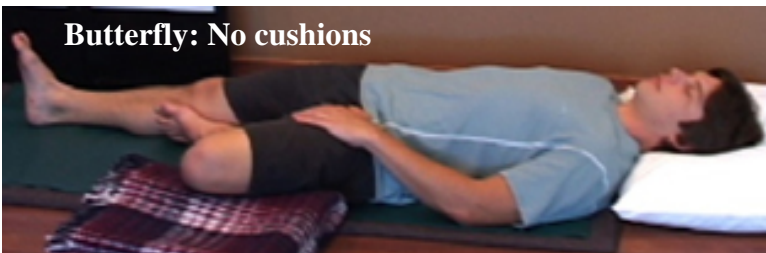
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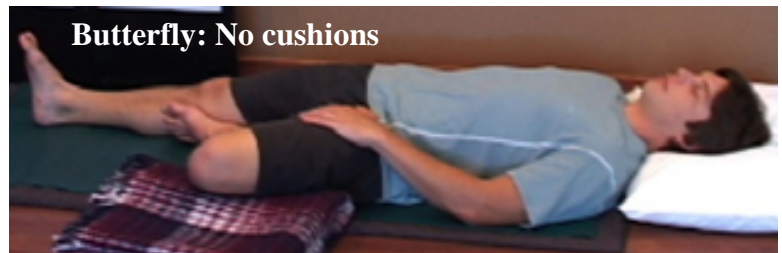
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