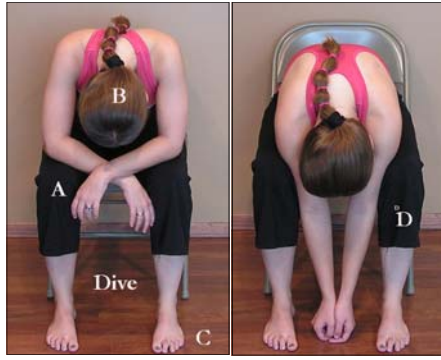
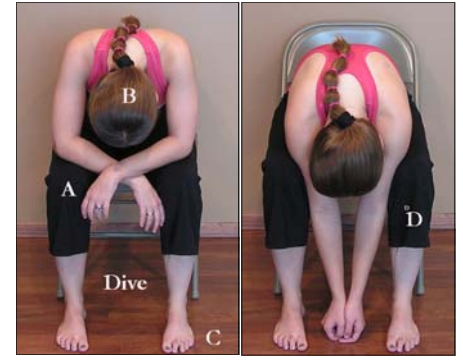


- A. Seated on a firm chair, elbows centered on thigh bones.
- B. Neck long and relaxed.
- C. Feet active, slightly turned in, hip width apart.
- D. As you breathe fully and deeply, slow motion “dive” through legs allow tail to spread and spine to accordion long, keep feet active and arches up.
- E. To exit, keep head down, bring hands to knees and raise up slowly using arms, not your back.
- F. Repeat for _____ minutes _____ times per day.



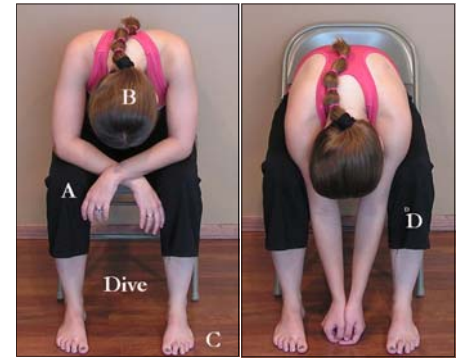
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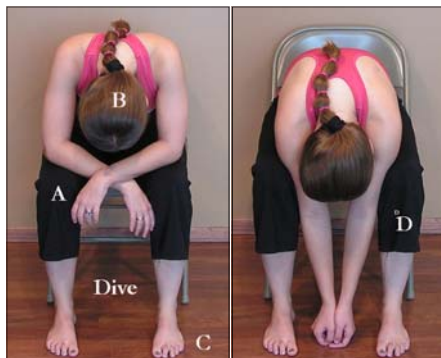
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