



- A. With a long spine support forearms and head on a table or chair.
- B. Feet wider than hip width and turned in slightly, arches active.
- C. Lengthen the back of thighs, spreading sit bones and slightly lifting tail.
- D. Direct breath deeply into buttocks, low back and hips, sliding chair back slightly if space develops.
- E. Repeat for \_\_\_\_\_ minutes \_\_\_\_ times per day.



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