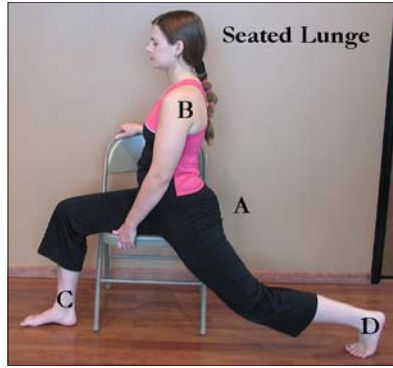
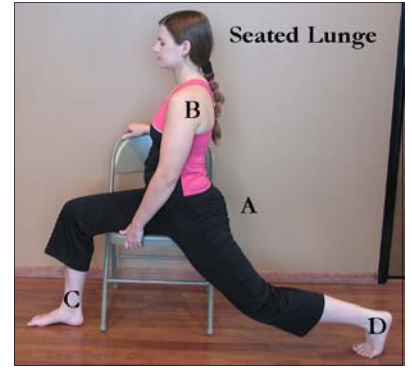


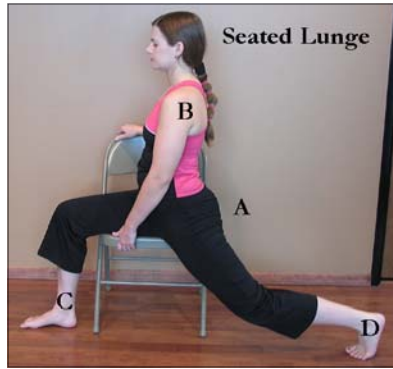
- A. Side sit on a chair without arms with forward thigh supported on chair.
- B. Keep spine long and breathe fully up spine.
- C. Center forward foot active and directly under knee.
- D. Trailing leg lengthens/ telescopes long with toes bending back under foot, slowly sliding away from the chair as trailing hip opens with deep breaths into the lower belly/hip.
- E. Perform on \_\_\_ R \_\_\_ L \_\_\_ Both
- F. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.



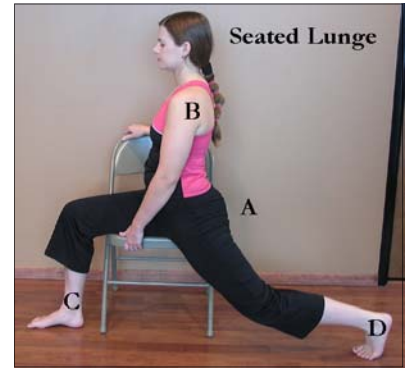
- A. Side sit on a chair without arms with forward thigh supported on chair.
- B. Keep spine long and breathe fully up spine.
- C. Center forward foot active and directly under knee.
- D. Trailing leg lengthens/ telescopes long with toes bending back under foot, slowly sliding away from the chair as trailing hip opens with deep breaths into the lower belly/hip.
- E. Perform on \_\_\_ R \_\_\_ L \_\_\_ Both
- F. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.



- A. Side sit on a chair without arms with forward thigh supported on chair.
- B. Keep spine long and breathe fully up spine.
- C. Center forward foot active and directly under knee.
- D. Trailing leg lengthens/ telescopes long with toes bending back under foot, slowly sliding away from the chair as trailing hip opens with deep breaths into the lower belly/hip.
- E. Perform on \_\_\_ R \_\_\_ L \_\_\_ Both
- F. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.



- A. Side sit on a chair without arms with forward thigh supported on chair.
- B. Keep spine long and breathe fully up spine.
- C. Center forward foot active and directly under knee.
- D. Trailing leg lengthens/ telescopes long with toes bending back under foot, slowly sliding away from the chair as trailing hip opens with deep breaths into the lower belly/hip.
- E. Perform on \_\_\_ R \_\_\_ L \_\_\_ Both
- F. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.



- A. Side sit on a chair without arms with forward thigh supported on chair.
- B. Keep spine long and breathe fully up spine.
- C. Center forward foot active and directly under knee.
- D. Trailing leg lengthens/ telescopes long with toes bending back under foot, slowly sliding away from the chair as trailing hip opens with deep breaths into the lower belly/hip.
- E. Perform on \_\_\_ R \_\_\_ L \_\_\_ Both
- F. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.



- A. Side sit on a chair without arms with forward thigh supported on chair.
- B. Keep spine long and breathe fully up spine.
- C. Center forward foot active and directly under knee.
- D. Trailing leg lengthens/ telescopes long with toes bending back under foot, slowly sliding away from the chair as trailing hip opens with deep breaths into the lower belly/hip.
- E. Perform on \_\_\_ R \_\_\_ L \_\_\_ Both
- F. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.

