



Opposite Arm/Opposite Leg

- Begin prone, hands on top of one another, eyes looking the direction the top fingers are pointing.
- Breathe deeply into hips and lower abdomen, lengthen and slightly lift the top arm and opposite leg on the inhale; release down on the exhale.
- Go slowly and smoothly releases. Try the other side.
- Repeat _____ times each side. _____ times/day.



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