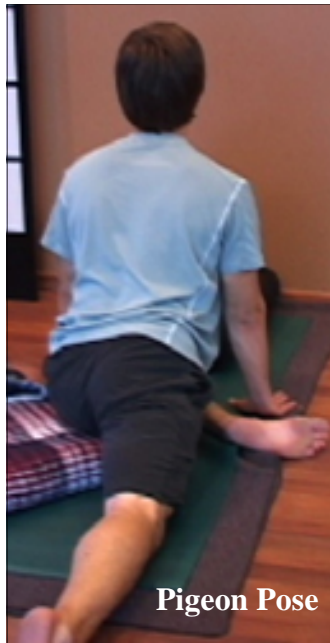
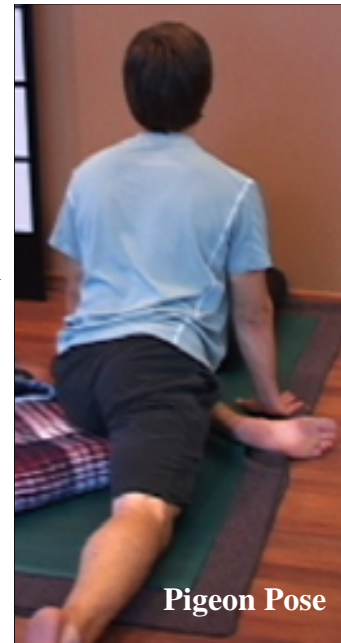


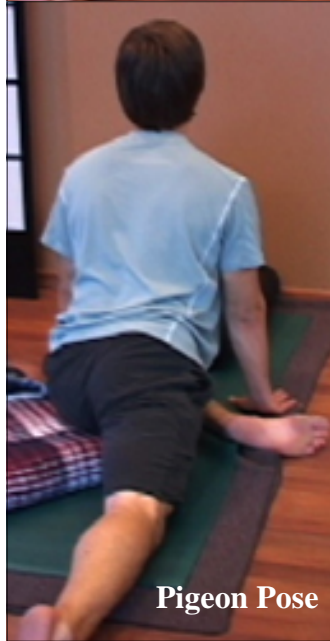
- Begin on all-4's, cross one leg in front of the other.
- Breathe deeply into hips slowly slide trailing leg back as the crossed leg hip lowers onto a pillow. Go slowly and keep spine vertical.
- Recline forward if you were instructed to once steady.
- Always keep the breath moving and soften any bracing or tension. Repeat \_\_\_\_\_ breaths. R L Both sides. \_\_\_\_\_ times/day.



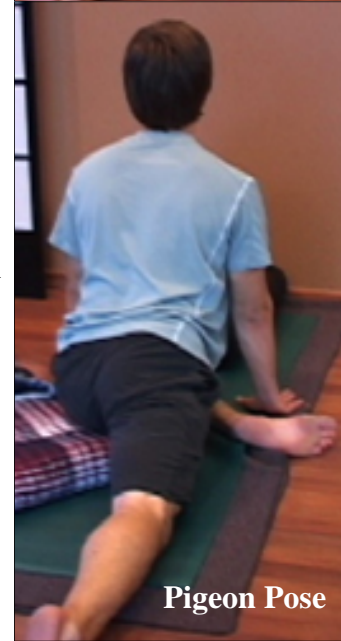
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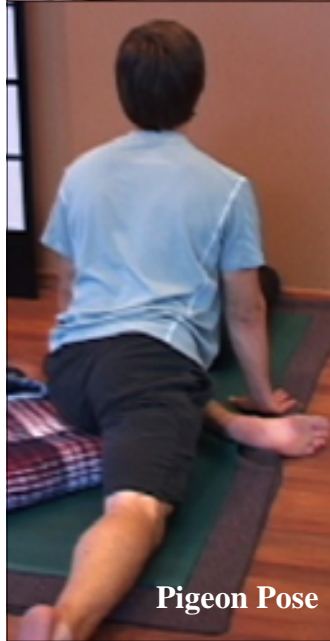
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