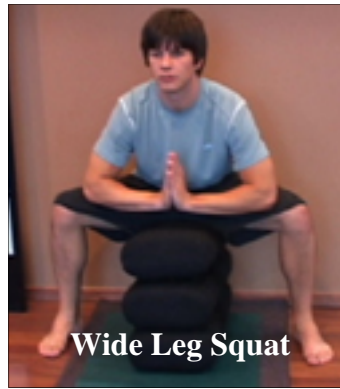


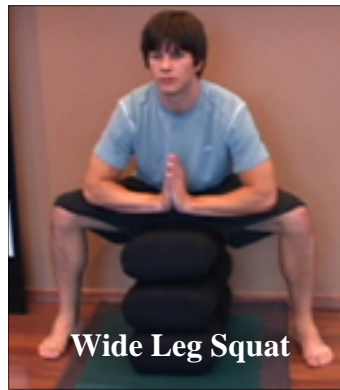
- Begin seated on cushions, spine long and sensing sit-bones and hands together.
- Breathe deeply into hips and spread legs wide, feet active and straight ahead, not rounding low back...there is no hurry. Chest forward and a modest stretch in groins.
- Go slowly and smoothly release back of the legs. Gently decrease cushion height as muscles release.
- Repeat _____ breaths. _____ times/day.



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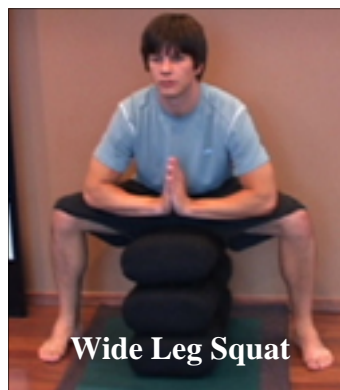
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