

- Begin seated, hands on top a pillow, spine long and sensing sit-bones.
- Breathe deeply into hips and spread legs wide, feet vertical but not rounding low back...there is no hurry. Hinge forward on the hips slowly.
- Go slowly and smoothly release back of the legs. Gently spread legs as muscles release.
- Repeat _____ breaths. _____ times/day.



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