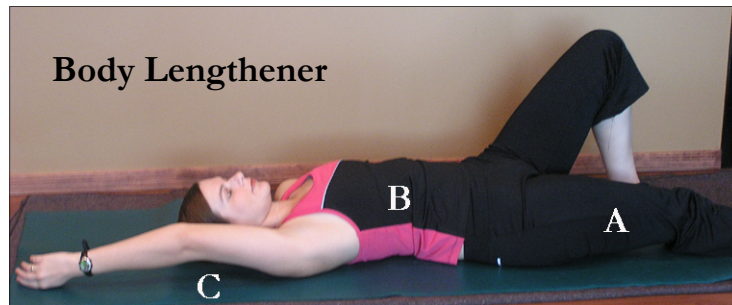


Body Lengthener

Sense body length and contact with floor laying flat before.

- A. On inhale, lower and stretch long one leg while...
- B. Keep ribcage long and in contact with the floor...
- C. With palm facing midline, you lengthen same side arm and under arm. Exhale return arm to side and leg bent back up.
- D. Repeat for ____ breaths each side ____ times per day.
- E. Notice the change in contact and body length afterwards.



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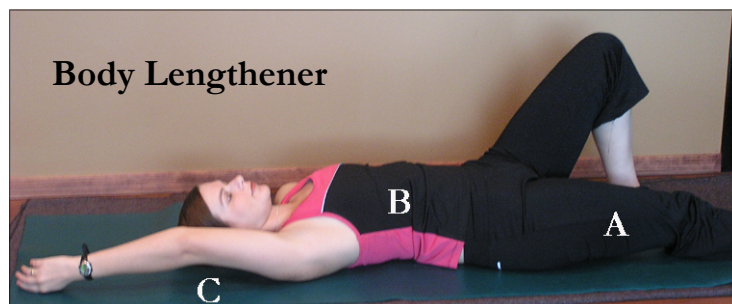
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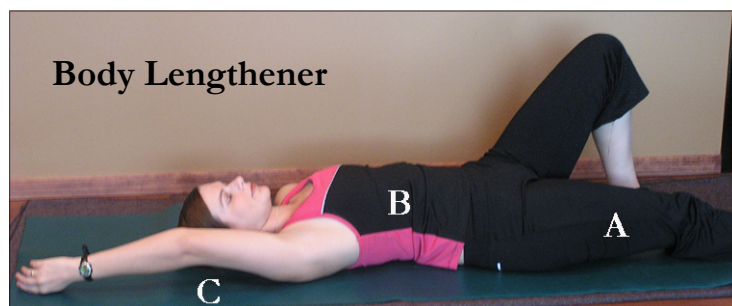
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