

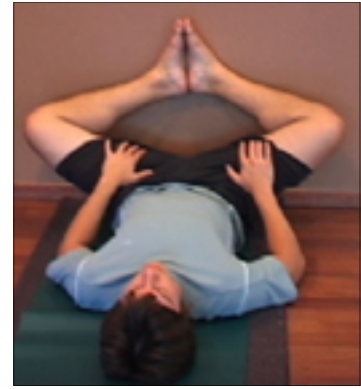
### Butterfly on the wall

- Begin with legs up the wall and roll legs out to bring feet together and knees bent.
- Slowly bring feet down the wall to get a light stretch.
- Breathing evenly lengthen first through the trunk, then the inner thighs, not allowing the low back to arch.
- Rest hands on belly or inner thighs allowing bones to “melt” and keeping feet in contact.
- Hold for \_\_\_ breaths; repeat \_\_\_ times; \_\_\_/day.



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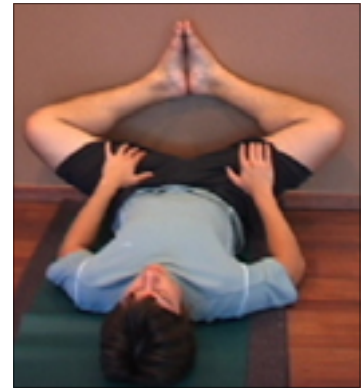
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