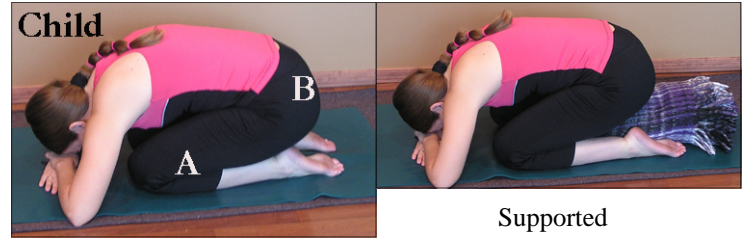




- A. Thighs and calves parallel; chest resting on thighs.
- B. Sit bones over heels, lower legs hip width apart (add blanket if heels don't touch hips);
- C. Breathe deeply into hips, pelvis and low back, broadening the entire spine and allowing the pelvis to move away from the spine.
- D. Keep eyes, mouth and neck soft.
- E. Repeat for ____ breaths ____ times per day.



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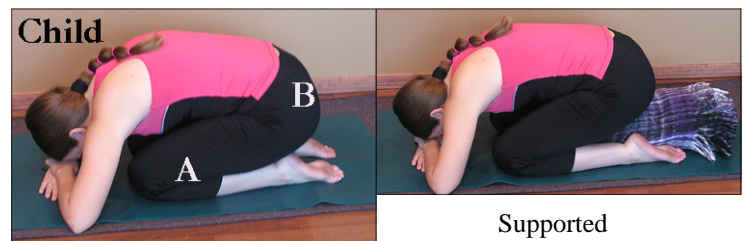
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