

- A. Trailing heel reaching for ground, foot pointed straight ahead and arch active.
- B. Leading foot active and straight ahead, ribs supported down center of thigh.
- C. Breathe deep into hips and belly, releasing hips forward and keeping spine long.
- D. Optional: may bring hands overhead, palms facing and lengthen spine long toward ceiling while breathing deeply and grounding both feet into supporting surfaces.
- E. Repeat for _____ minutes _____ times per day.



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