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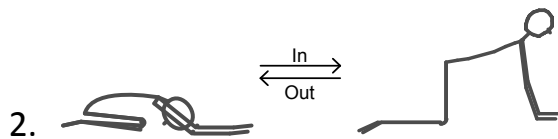
## PRIVATE PRACTICE



Find a comfortable seated position.

Spine long, crown reaching toward the sky

Let breath lengthen and deepen making Inhalation and Exhalation equal in length

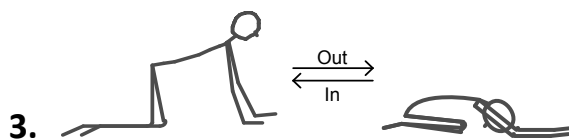


4x

Inhale find length in spine

Exhale fold back hips to heels, elbows and forehead come towards floor

Pull belly in with each exhalation



4X/side

Bring right knee and left hand forward 1"-2"

Continue as in as in #2

On 4<sup>th</sup> repetition stay in posture 4-6 breaths.

Come back to neutral and repeat on other side