



- A. Foot supported with strap or belt, foot positioned as though on the floor and engaged.
- B. Hip stays in contact with floor, and softens on exhales.
- C. Shoulders are at ease, not lifted up or tense.
- D. Take breath deep into hips and back of legs, softening and taking up slack in the back of the leg as available.
- E. Repeat for _____ breaths _____ times per day.