

# Body Lengthener



Sense body length and contact with floor laying flat before.

- A. On inhale, lower and stretch long one leg while...
- B. Keep ribcage long and in contact with the floor...
- C. With palm facing midline, you lengthen same side arm and under arm. Exhale return arm to side and leg bent back up.
- D. Repeat for \_\_\_\_\_ breaths each side \_\_\_\_\_ times per day.
- E. Notice the change in contact and body length afterwards.