



- A. Feet flat, arches up, shins vertical and legs hip width apart.
- B. Chest open, shoulder blades active and pressing into the ground.
- C. Inhale up, exhale down, lengthening through thighs vs thrusting up with hips. Exhale, lower one vertebra at a time, top-down.
- D. Repeat for \_\_\_\_\_ breaths \_\_\_\_\_ times per day.