



Supported

- A. Thighs and calves parallel; chest resting on thighs.
- B. Sit bones over heels, lower legs hip width apart (add blanket if heels don't touch hips);
- C. Breathe deeply into hips, pelvis and low back, broadening the entire spine and allowing the pelvis to move away from the spine.
- D. Keep eyes, mouth and neck soft.
- E. Repeat for _____ breaths _____ times per day.