



- Lying prone, legs parallel, toes pointed away, come up onto your active hands, elbows tucked in and lifting only so high as your pelvis keeps touching the floor. Breathing fully into hips, gently “melt” thigh/belly into the floor on the exhales. Guide heart forward.
- Be patient and let the breath work from the inside.
- Inhale up/Exhale down. Repeat for \_\_\_\_ breaths.



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