

A. Seated on a firm chair, elbows centered on thigh bones.

B. Neck long and relaxed.

C. Feet active, slightly turned in, hip width apart.

D. As you breathe fully and deeply, slow motion “dive” through legs allow tail to spread and spine to accordion long, keep feet active and arches up.

E. To exit, keep head down, bring hands to knees and raise up slowly using arms, not your back.

F. Repeat for _____ minutes _____ times per day.

