



- A. On a towel or blanket roll, be sure head and neck are in a neutral position and well supported.
- B. Chest and diaphragm area are open and supported.
- C. Hands gently away from body and palms up.
- D. Legs can be straight, under a roll, or soles together in butterfly.
- E. As the breath enters, gently encourage it into the entire central body: shoulder blades, under arms, belly, low back, etc. On exhale soften and let the roll completely support you.
- F. Repeat for _____ breaths _____ times per day.