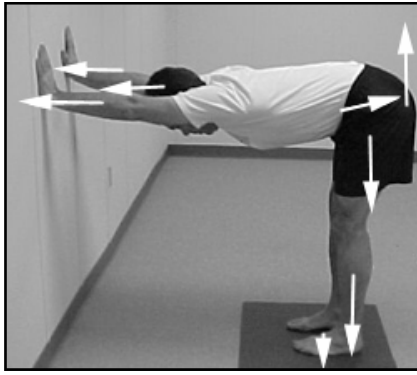


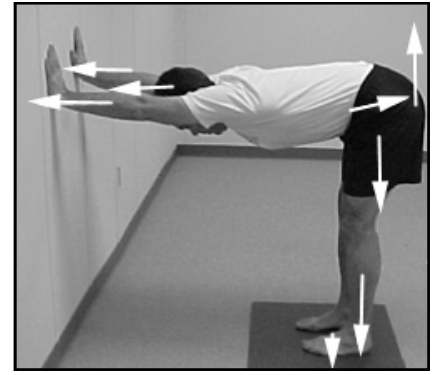
Half Forward Bend

- Begin with active palms pressing into a wall or counter and knees bent.
- Slowly push equally using equal pressure with hands and feet.
- Breathing evenly lengthen first through the trunk, then the inner thighs, not allowing the low back to round.
- Check pressure across whole hands and feet.
- Hold for ____ breaths; repeat ____ times; ____/day.



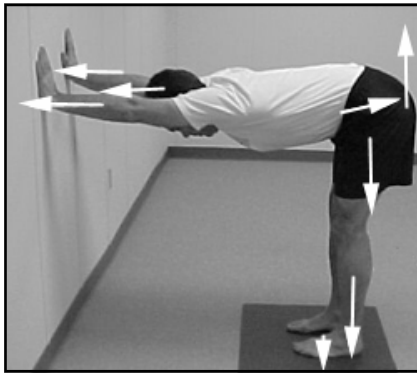
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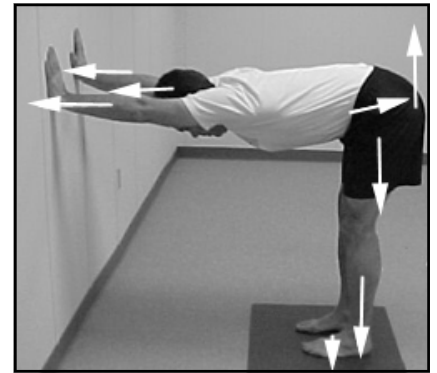
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