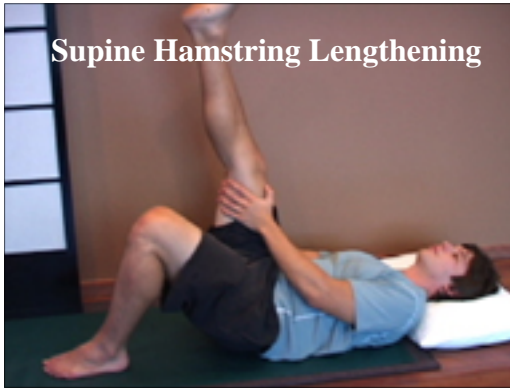


- Have back of body fully on the ground.
- Breathing smoothly, raise leg to gentle stretch.
- Face, eyes and mouth soft.



- Keeping pelvis still play with lengthening the back of the raised leg without strain.
- Sense areas of tension throughout and release.
- Go high by letting bones soften down.
- Repeat for ____ breaths; repeat ____ times; ____/day.

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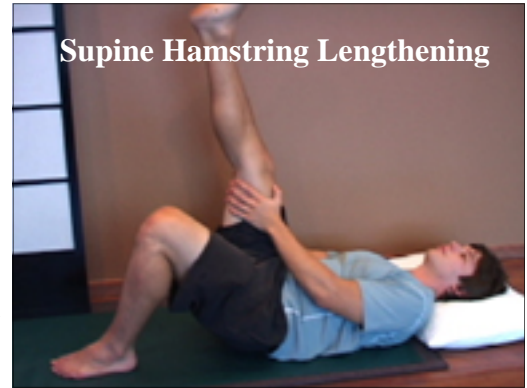
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