



## Knee Melting toward Chest

- A. Cradle hands over one knee, lock the hip in by bringing knee toward midline, then up toward head and finally lined up over center of right breast.
- B. Wait, sense the breath, and as you exhale, allow knee to “melt” toward chest but never pulling/forcing. Repeat, sometimes with no change occurring, but being patient and aware.
- C. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.