

- A. Knees straight with almost no stretch in the back of the legs.
- B. Palms up and open
- C. Neck comfortably supported and face level with the floor.
- D. May use book on lower abdomen.
- E. To exit, slide heels down the wall, bending knees; then roll to your side.
- F. Repeat for _____ minutes
_____ times per day.
- G. Caution: Not to be done if you have uncontrolled high blood pressure, glaucoma, hiatal hernia or are menstruating.

