



- A. Ribs lifted and supported down the center of the thigh bone.
- B. Trailing leg lengthening with hips squared forward.
- C. Hands bearing weight, use blocks if necessary.
- D. Trailing leg squared into floor, gliding long as releases open with deep breaths into back and lower abdomen.
- E. Perform on ___ R ___ L ___ Both sides.
- F. Repeat for _____ minutes _____ times per day.