

A. Trailing heel reaching for ground, foot pointed straight ahead and arch active.

B. Leading foot active and straight ahead, ribs supported down center of thigh.

C. Breathe deep into hips and belly, releasing hips forward and keeping spine long.

D. Optional: may bring hands overhead, palms facing and lengthen spine long toward ceiling while breathing deeply and grounding both feet into supporting surfaces.

E. Repeat for _____ minutes _____ times per day.

