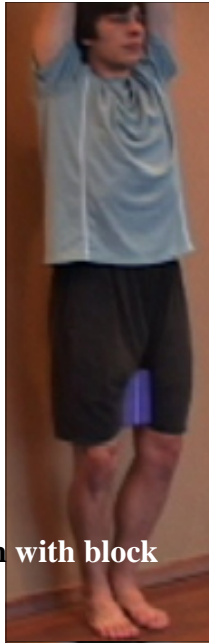


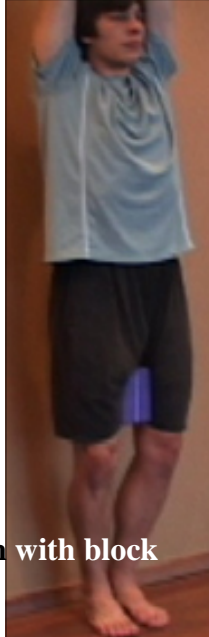
- Begin with thighs holding block, squeezing the back of the block and feet active, as close together as possible and keeping all toes pressing onto the ground without gripping and pressure distributed evenly on the feet.
- Maintaining that steady activity at the feet and thighs, breathe deeply, keep spine long and on the inhale lift arms long overhead and exhale down.
- Note the changes in standing without the block when finished.
- Repeat ___ breaths. ___ times/day.

Mountain with block



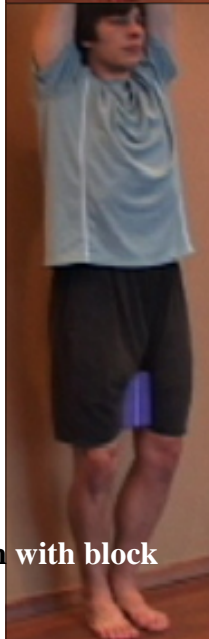
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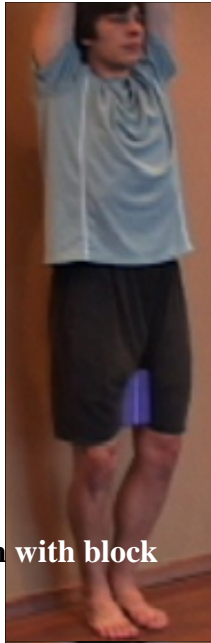
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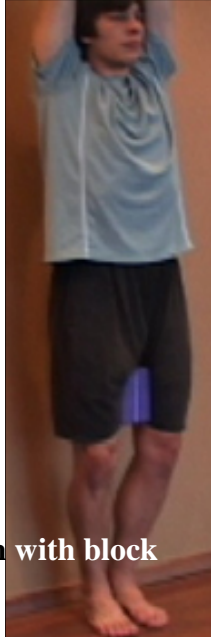
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