



**Opposite Arm/Opposite Leg**

- Begin prone, hands on top of one another, eyes looking the direction the top fingers are pointing.
- Breathe deeply into hips and lower abdomen, lengthen and slightly lift the top arm and opposite leg on the inhale; release down on the exhale.
- Go slowly and smoothly releases. Try the other side.
- Repeat \_\_\_\_\_ times each side. \_\_\_\_\_ times/day.



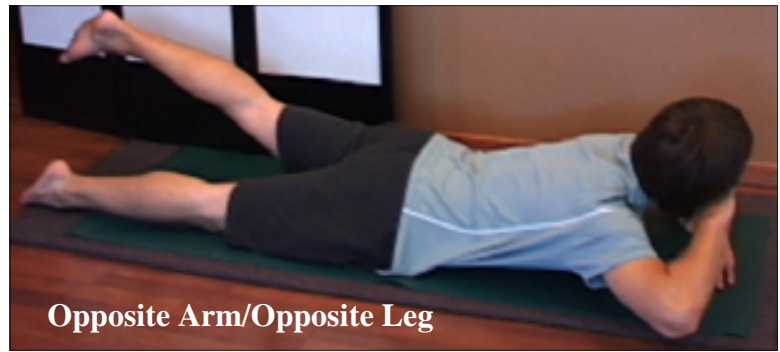
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