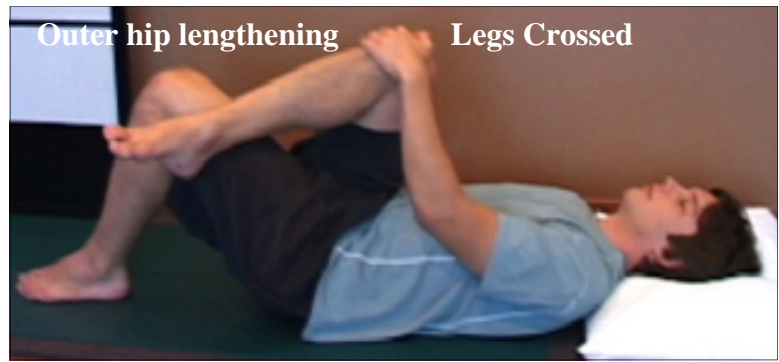


- Cross one leg over the other and grab knee with opposite hand.
- Breathing fully into hip, gently melt thigh across body on the exhales, keeping pelvis on the ground.
- Be patient and let the breath work from the inside.
- Repeat for ____ breaths; ____ /day. R L Both



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