

A. Outer ankle bone centered on thigh bone.

B. Head down, throat/mouth soft.

C. Maintain ankle position and heel directly under your knee on supported leg, as you

slowly release forward on exhalates, gently filling trunk, back and pelvis with breaths and melting along thigh.

D. To exit, bring hands up to crossed leg and push up slowly with arms, leaving spine soft and long.

E. Repeat for _____ minutes _____ times per day.

