



- A. Lying on your side, hips and knees bent at right angles (90)
- B. On exhale let hip slide top thigh forward on bottom toward 3
- C. On inhale draw hip back toward 9; repeat ____ breaths
- D. On inhale press sit bone down toward 6; Exhale accordion ribs and pelvis back to 12; repeat ____ breaths.
- E. Notice changes lying supine after each side: ____ times per day.