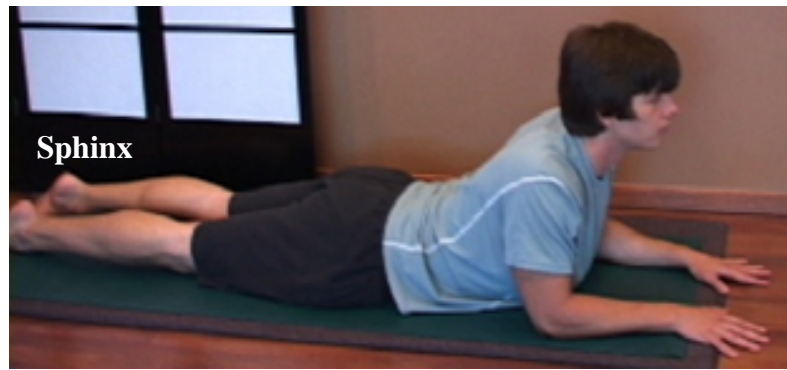




- Lying prone, legs parallel, toes pointed away, come up onto your elbows and forearms, forearms parallel and hands flat.
- Breathing fully into hips, gently “melt” thigh/belly into the floor on the exhales. Guide heart forward.
- Be patient and let the breath work from the inside.
- Repeat for ____ breaths; ____/day.



- Lying prone, legs parallel, toes pointed away, come up onto your elbows and forearms, forearms parallel and hands flat.
- Breathing fully into hips, gently “melt” thigh/belly into the floor on the exhales. Guide heart forward.
- Be patient and let the breath work from the inside.
- Repeat for ____ breaths; ____/day.



- Lying prone, legs parallel, toes pointed away, come up onto your elbows and forearms, forearms parallel and hands flat.
- Breathing fully into hips, gently “melt” thigh/belly into the floor on the exhales. Guide heart forward.
- Be patient and let the breath work from the inside.
- Repeat for ____ breaths; ____/day.



- Lying prone, legs parallel, toes pointed away, come up onto your elbows and forearms, forearms parallel and hands flat.
- Breathing fully into hips, gently “melt” thigh/belly into the floor on the exhales. Guide heart forward.
- Be patient and let the breath work from the inside.
- Repeat for ____ breaths; ____/day.



- Lying prone, legs parallel, toes pointed away, come up onto your elbows and forearms, forearms parallel and hands flat.
- Breathing fully into hips, gently “melt” thigh/belly into the floor on the exhales. Guide heart forward.
- Be patient and let the breath work from the inside.
- Repeat for ____ breaths; ____/day.



- Lying prone, legs parallel, toes pointed away, come up onto your elbows and forearms, forearms parallel and hands flat.
- Breathing fully into hips, gently “melt” thigh/belly into the floor on the exhales. Guide heart forward.
- Be patient and let the breath work from the inside.
- Repeat for ____ breaths; ____/day.