



- A. On inhale tip pelvis toward 6, arching low back softly.
- B. On exhale tip pelvis back to 12, flattening low back softly.
- C. After ____ repetitions; tilt pelvis toward 3 on inhale, back to center on exhale; then toward 9 on inhale and back to center on exhale.
- D. Notice changes in body contact and walking after. Repeat _____ times per day.