

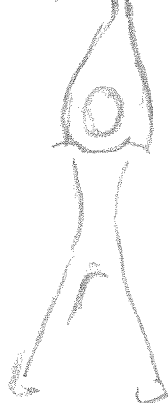
Begin with feet wide, knees over ankles.

exhale



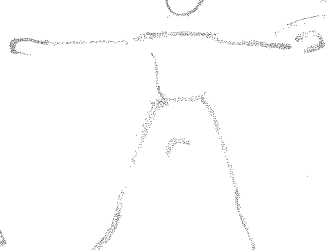
exhale squat
tuck tailbone
under,
hand's @ heart

inhale

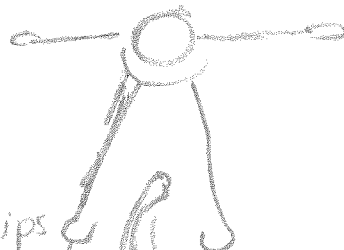


press into
feet to
stand +
raise arms

exhale



hinge at hips
as you fold w/
long spine -
arms out



lift
heart



inhale

extend through the
spine and reach
arms forward.

exhale



Bend in knees
fold forward,
bringing belly
to thighs, relax
neck + head.

inhale



roll up
one vert.
at a time
lift from
front side
of the
body

press
into
feet +
stand,
reach
arms to
sides +
then over
head



exhale

squat,
tuck tail-
bone
under

Brahma Dandasana (Staff of Brahman)