



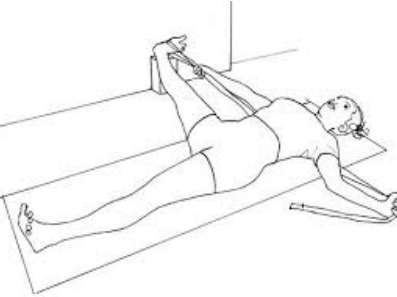


SOME POSES TO SUPPORT DEEPENING THE BREATH

<p>Supported Savasana - Normal Breathing</p>	<p>Props-one blanket, folded lengthwise to support spin, one folded in a small square to support head</p> <p>Lie in Savasana with above support. Breath normally, without holding breath. Relax abdomen.</p>	
<p>Supported Swastikasana</p>	<p>Use same blanket set up as above, with cross-legged position. Can support outer thighs with extra blankets or blocks.</p> <p>Breath normally. This setup allows for more space in pelvic region and deeper breath.</p>	
<p>Supported Supta Baddha Konasana</p>	<p>Use same set up with blankets as above. Keep outer thighs supported to keep abdomen relaxed.</p> <p>Relax abdomen on each exhalation.</p>	
<p>Baddanguliasana in Swastikasana</p>	<p>Sitting on a height (blankets, bolster or chair)</p> <p>Interlock fingers, and extend fully through inner arms, inner elbows and wrists. Inhale to lift bottom ribs up off of the waist, and make space for the breath. Change interlace and repeat.</p>	
<p>Supta padangusthasana - leg out the the side</p>	<p>Lie flat. Use blanket support for head. Use a strap around foot for leg going out to the side.</p> <p>Press supporting leg down, while lowering opposite leg out to the side. Makes</p>	

NOTE: THESE POSES MAY PRECEDE OR FOLLOW A STANDING PRACTICE, OR CAN PRACTICE ON THEIR OWN. NOTICE THE BREATH IN ALL POSES.