

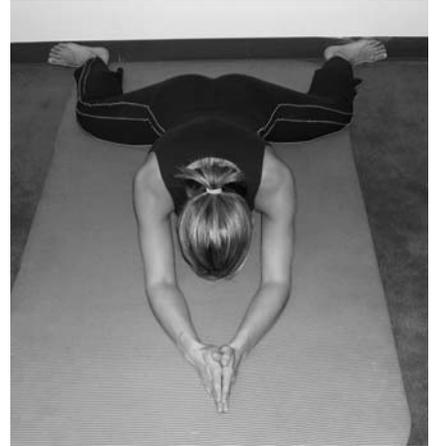
1.



Buddha

1. Sit with back against the wall and soles of feet together. Sit up tall, lengthening spine and maintaining normal lumbar curve. Place sandbags or other weights on thighs near crease in hips. Maintain position for ___ minute(s).

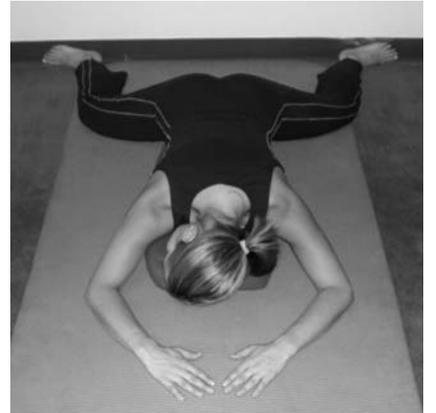
2a.



Frog

2a. Begin on hands and knees. Place soles of feet on the base of the wall with toes turned out. Knees are bent to 90° with inner aspect resting on the floor. Supporting upper body on forearms, press hips back toward wall. Hold ___ seconds; then shift hips forward and down. Hold ___ seconds. Repeat ___ times.

2b.



2b. Position as above with the addition of a large bolster placed lengthwise under your chest and abdomen. Relax down onto bolster with arms overhead and head turned comfortably to the side. Hips should be unsupported. Maintain position ___ minutes adjusting as necessary for comfort.

580 Market Street, Suite 200
 San Francisco, CA 94104
 P: 415.788.2100 F: 415.788.2102

Spider

3a.



3b.



3a. Lie on your back with strap held around both feet. Legs are hip width apart with soles of feet facing the ceiling.

3b. Using the strap, pull knees toward armpits. Keep feet parallel with soles toward ceiling. Hold ___ seconds.