



Prayer/Child's Pose

1. Sit back on heels; rest forehead on ground with arms (a) outstretched overhead or (b) at sides. Breathe and relax.

Twisted Child

2a. Begin on all fours. Sit back onto heels with knees apart and big toes touching. Outstretch arms overhead.



2b. Keep one arm in place. Reach the other underneath with palm up. Turn head to follow hand. Try to rest ear on the floor. Hold 45 seconds. Repeat on other side.



Seated Spinal Twist



Side C Sitting

3. Sit up tall with right foot in groin, left leg straight. Link left fingers under left ankle. Lift torso as right arm reaches overhead toward left toes. Keep right hip down, opening right side. Hold 1 minute. Repeat on other side.

4. Sit up tall with left leg bent over the right and left foot flat on ground. Lengthen spine lifting out of pelvis as you reach left arm behind. Press right elbow against left knee to assist twist. Hold 45 seconds. Repeat on other side.



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