

1a.



Crab

1a. Sit at the front edge of the chair. Place feet so that second toe is aligned with knee cap and legs are apart.

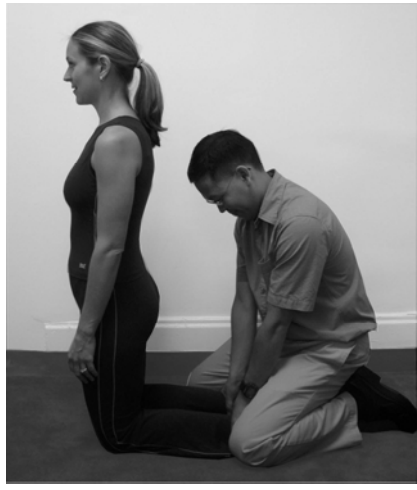
1b. Lean forward lengthening lower back and hinging at the hips. Keep chest open, no rounding of back and reach for the floor with hands, feeling a stretch in groin and lower back.

1c. Lower crown of head to floor. Attempt to wrap hands around inside of ankles. Breathe deeply. Hold for 30-60 sec.

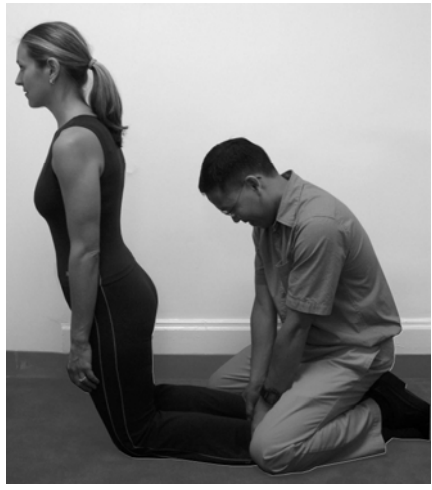
1b.



2a.



2b.



Jim Dandy

2a. Begin in kneeling position with knees hip width apart.

2b. Slowly lean forward keeping toes in contact with the floor leaning as far forward as possible without falling forward or toes coming off of floor. Actively engage hamstrings to maintain upright position keeping chest open and belly button to spine. Hold position for 30-60 sec.

1c.

