

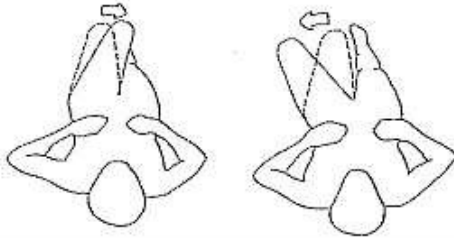
Closing (Evening) Routine

1. Breathing. Laying or sitting on floor, COUNT DOWN from 20 to zero, with active exhalation through your nose (if sitting cross-legged, reverse legs mid way)

6. Crossed knee to Chest, Closed



2. Single Knee Drop



7. Crossed Knee to Chest, Open

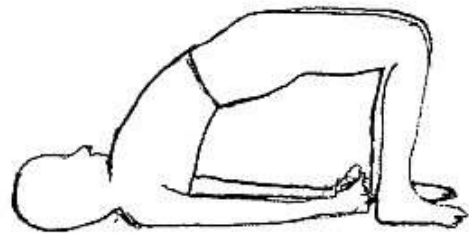


3. Single Knee to Chest

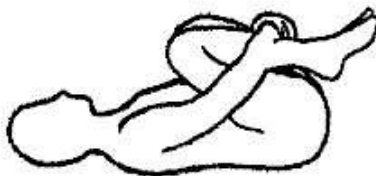


straight leg toes facing up
tuck chin; shoulders down

8. Bridge

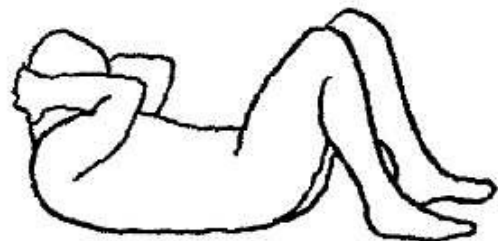


4. Double Knee to Chest



sacrum down;
chin tucked; shoulders down

9. Supine Neck Stretch



5. Double Knee Drop



10. Corpse:
3-5 minutes.

