

Slumber Party Pose

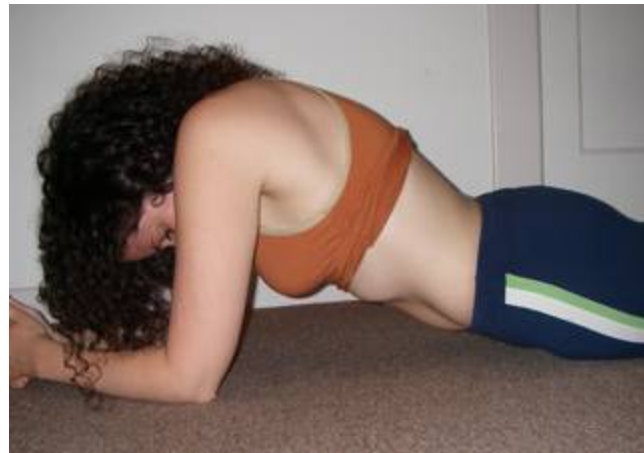
Picture 1. Start by lying on your stomach with your elbows under your shoulders and your fingers interlaced. Release your back, let your ribcage come down toward the floor, and you feel your shoulder blades slide together in the back. Inhale, and look up toward the ceiling.

Picture 2. Exhale, and drop your head, looking toward your belly button. Lift your lower belly off the floor, by pulling your belly button up toward the spine. Keep your thighs on the ground, with belly lifting and buttock muscles relaxed.

Hold for 20-60 seconds. Either leave your breath out, or slowly breathe in and out while you hold.
Repeat 2-3 times



1



2