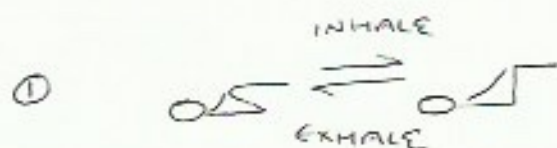


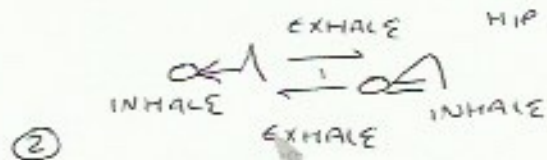
LYING SEQUENCE



EXHALE - KNEES TOWARDS YOU

INHALE - KNEES AWAY UNTIL
ARMS ARE STRAIGHT.

TO TRANSITION TO NEXT POSTURE TAKE FEET
ONTO FLOOR ON AN INHALE. KNEES BENT, FEET
HIP WIDTH APART.



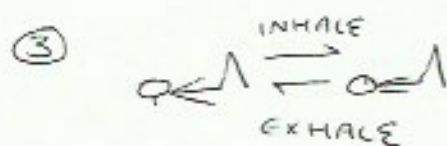
EXHALE LIFT HIPS

INHALE - STAY WITH HIPS LIFTED

EXHALE LOWER HIPS TO FLOOR

INHALE - STAY WITH HIPS ON FLOOR

TO TRANSITION TO NEXT POSTURE
KEEP HIPS ON FLOOR, KNEES BENT



EXHALE - KNEES TO THE SIDE

INHALE - KNEES TO CENTRE

REPEAT POSTURE 3 TIMES BEFORE TRANSITION
THEN 4 TIMES, THEN 5 TIMES, THEN 4 TIMES,
FINALLY 3 TIMES + REST WITH KNEES TO SIDE IN LYING TWIST