

position / in a / Sit / comfortable

your / your / Put / knees. / on / hands

your / your / with / and / Close / stomach / breathe / eyes

your / Inhale / through / nose.

mouth. / Exhale / your / through

out / in / and / Breathe / breathe

and / Breathe / deeply / relax.



on / mat / down / Sit / your / yoga

legs. / Stretch / your / out

leg. / Lift / left / your

Lift / leg. / right / your

knees. / bend / your

arms. / your / Lift

straight. / Look

back / your / straight. / Keep

