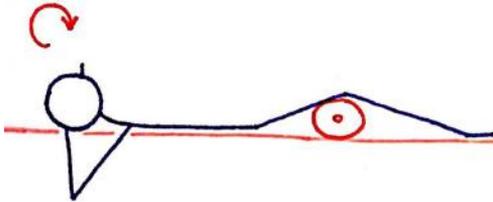


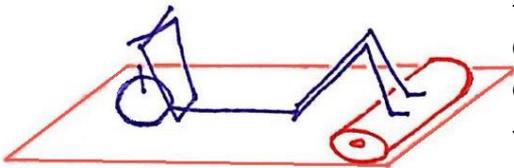
## UNITED STATES Protocol 91A

### OPENING:

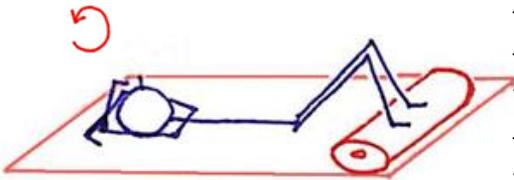
- Lie down with a bolster under the thighs close to the knees.
- Feel the lumbar spine touching the floor.
- Relax your legs and feet, letting them open to the side.
- Lift the chin to open the front of the neck. Interlock the hands under the head.
- Turn your face to the right.
- Stay 2 minutes.
- Turn your face to the left.
- Stay 2 minutes.



- Bend your knees and put your feet on the bolster.
- Place the palms on the elbows and hold them above the chest. Pull the elbows up toward the ceiling, keeping the spine on the floor.
- Keep the nose lifted.
- Slowly move the arms toward the floor over your head. If they touch the floor easily, pull them away from the top of the head. Using the soles of the feet on the bolster, press the lumbar spine against the floor.
- Turn your face to the right.
- Stay 2 minutes.
- Turn your face to the left.
- Stay 2 minutes.



- Bring the face back to the center, bring the arms back up toward the ceiling, and switch the interlock of the arms.
- Pull the arms up toward the ceiling, keeping the spine on the floor.
- Keep the nose lifted. Stay 1 minute.
- Slowly move the arms toward the floor over your head. If they touch the floor easily, pull them away from the top of the head.
- Keep pressing the spine against the floor.
- Turn your face to the right.
- Stay 2 minutes.
- Turn your face to the left.
- Stay 2 minutes.
- Return the face to the center, release your arms to the sides and let them rest with the palms facing up. Extend the legs.



Pause.

- Move the bolster under the hips, and have the lumbar spine hanging toward the floor. Knees are bent and the feet are on the floor, with the knees and feet together.
- Keep the nose lifted.
- Grab under the right knee with both hands, and bring it toward the center of the chest. Press the thigh strongly against the belly.
- Keep the left knee pointed up and press the left big toe on the floor.



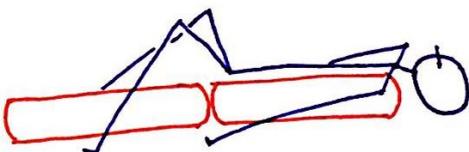
- Shoulders move down toward the floor and away from the ears.
- Stay 2 minutes.
- Release the right leg.
- Grab under the left knee with both hands, and bring it toward the center of the chest. Press the thigh strongly against the belly.
- Keep the right knee pointed up and the right big toe pressing the floor.
- Stay 2 minutes.

PAUSE

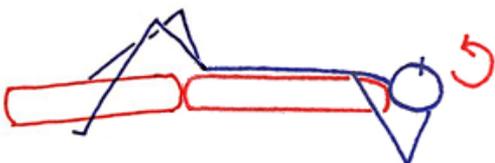
- Place the bolster under the knees and slowly extend the knees.
- Let the lumbar spine release.
- Bend the knees and roll to the side to sit up.



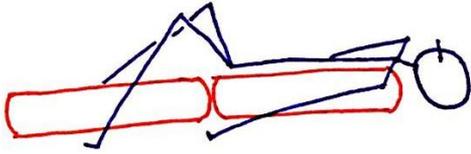
- Place the bolster long-way on the mat.
- Lie on the bolster with the hips supported and the neck touching the edge of the bolster, with the back off the head hanging off the end of the bolster.
- If needed, use a second bolster or a block to support the hips.
- Keep both feet touching the floor, and both knees pointing up.
- Lift the chin.
- Let the arms release to the sides, palms facing up and fingers pointing toward your head. Let the shoulder blades release and feel the chest opening.
- Stay 1 minute.



- Move the hands to interlock under the head.
- Keep the left elbow pressing down toward the floor, and turn the head to the right slowly.

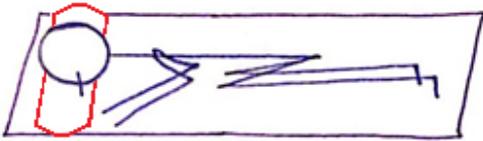


- Stay 2 minutes. Relax the diaphragm.
- Inhale, exhale, and slowly turn to the left while pressing down the right elbow.
- Stay 2 minutes. Relax the diaphragm.
- Slowly move the face back up to the center.
- One arm at a time, release the arms to the side with the palms facing up.
- Let the head hang for a few more seconds, allowing the body to feel this different shape.

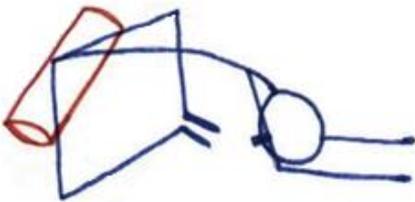


PAUSE

- Slowly roll to the left and rest on your side, with the bolster supporting the head.

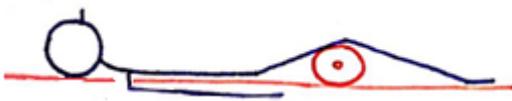


- Sit on your bolster.
- Join the soles of the feet, 2 palms away from the pelvis.
- Curve the torso forward.
- Head drops down, neck relaxed.
- Chin to the chest.
- Place the elbows in front of the shins. If they easily touch the floor, walk them forward to have the skin over the shoulder blades open.
- Breathe into the upper back.
- Stay 2 minutes.



CLOSING

- Lie down on the floor with the bolster under the thighs, close to the knees.
- Let the palms face up and relax the arms.
- Relax your whole body onto the floor.



PAUSE:

- Roll to the side.
- Slowly sit up as you feel ready.

