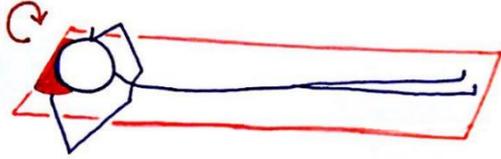


## UNITED STATES Protocol #2A

### OPENING:

- Lie down with a sandbag under the head.
- Interlock your hands under the sandbag.
- Lift the chin.
- Extend the legs, relaxed on the floor.
- Stay 2 minutes.
- Turn your head to the right.
- Stay 2 minutes.
- Turn your face to the left.
- Stay 2 minutes.



- Place the sandbag across the end of the bolster.
- Lie down on the bolster with the head on the sandbag.
- Support the hips with the block on the floor, between the sacrum and the coccyx.

- Keep your knees bent and the feet on the floor.
- Interlock your hands under the sandbag.
- Keep the chin lifted.

- Stay 1 minute.
- Turn your face to the left.
- Stay 2 minutes.
- Turn your face to the right.
- Stay 2 minutes.

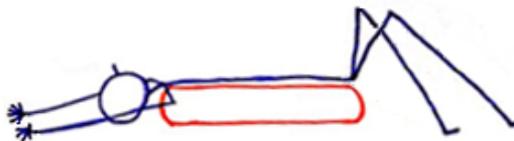
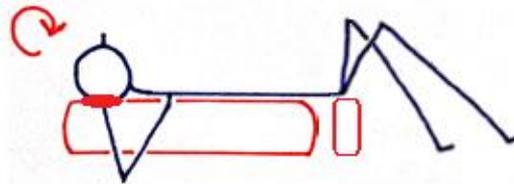
- Slowly bring your face up to the center, and release your arms.
- Remove the sandbag to the side and let the head rest.

- Move back so that the whole spine is on the bolster.
- Gently extend the arms overhead in line with the shoulders, back of the hands to the floor.

- Lift the chin.
- Open the palms.

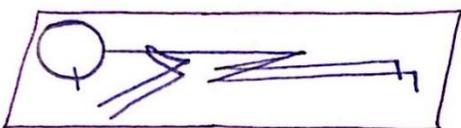
- Stretch the right arm more, extending the elbow. Move the shoulder blade away from the spine.

- Release the extra effort on the right arm, and extend the left arm more. Move the left shoulder blade away from the spine.
- Keep the left arm extended and extend the right arm.
- Slowly release both arms to the side.

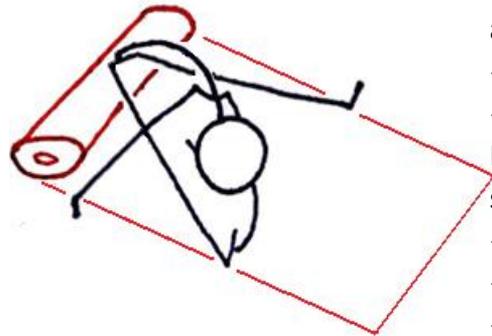


### Pause:

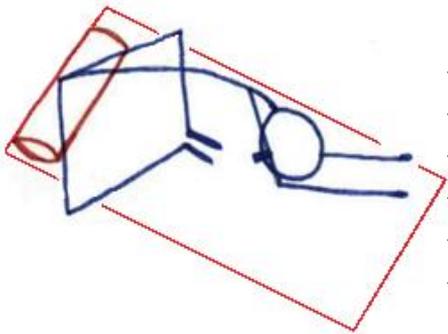
- Roll gently off the bolster and rest on your side.



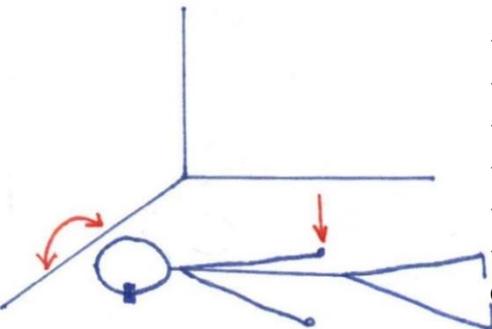
- Place the bolster across the back end of the mat.
- Sit on the bolster.
- Extend the legs forward with the heels on the edges of the mat.
- Turn the thighs slightly in, center of the heel on the mat.
- Turn the sternum to the right, aligning it with the right knee.
- Grab the top of the right foot with the left hand. If needed, use a strap.
- Curve the top of head toward the right knee.
- Use the right hand to keep the left sit bone pressed down. -
- Move the left shoulder blade away from the spine, and feel the skin of the upper back stretch.
- Keep both feet flexed.
- Stay 2 minutes.
- Sit up and turn to the sternum to the left knee.
- Grab the top of the left foot with the right hand. If needed, use a strap.
- Curve the top of the head toward the left knee.
- Use the left hand to keep the right sit bone pressed down.
- Move the right shoulder blade away from the spine, and feel the skin of the upper back stretch.
- Keep both feet flexed.
- Stay 2 minutes.



- Join the soles of the feet, 2 palms from the pelvis.
- Curve the top of the head down toward the big toes.
- Head drops down, neck relaxed.
- Chin to the chest.
- Elbows bent in front of the shins.
- Stay 3 minutes.



- Lie on your stomach.
- Rest your right cheek on the floor.
- Keep the chin lifted.
- Heels point out and toes point inward.
- Arms relaxed beside the hips.
- Stay 4 minutes.
- Slowly turn the head all the way to the right, placing your left cheek on the floor.
- Keep the chin lifted.
- Stay 4 minutes.

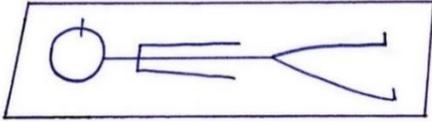


### CLOSING

- Lie down on the floor. If needed, place a 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.

