

RIVER

1 "I am long and flat!"
Sit tall with your legs out in
front of you.



2 "I breathe and flex!"
Press your hands down and
lengthen your back.



3 "I am a water current!"
Reach your hands
to your feet, hold
your toes.



4 "I am a deep river!"
Stretch your chest out over
your legs.



Breathe your knees and lengthen your spine before you flow forward. With
flexion, hold a little farther each time you breathe out. As you hold the pose,
imagine you are in warm water and let yourself melt.