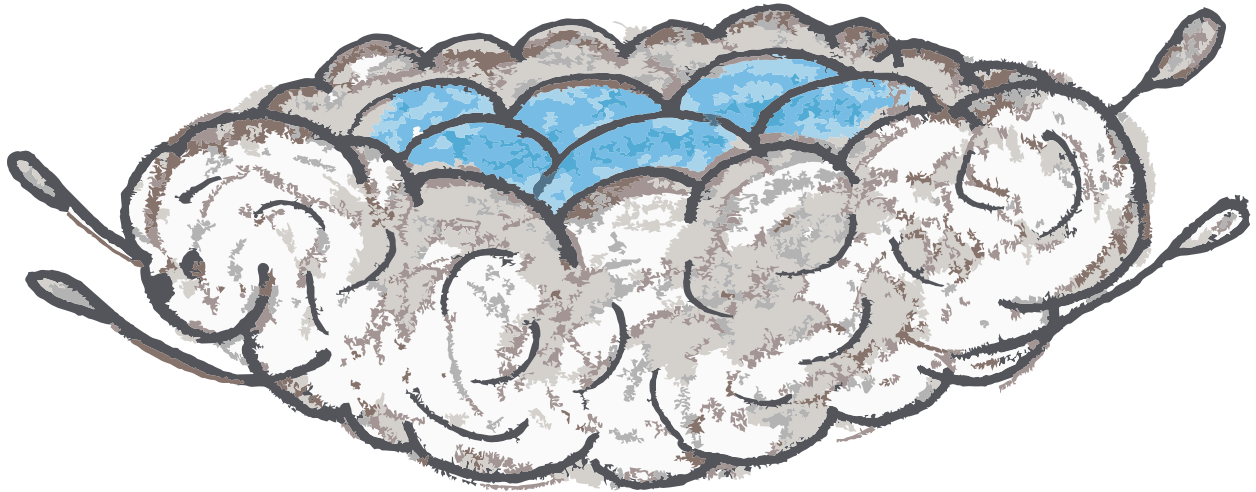


Bird's Nest Pose



Lie on your stomach on the floor.

Hold your arms up, keeping elbows straight and hold your legs up, keeping knees straight. Hold for 10 seconds. Rest and repeat.

Optional: If you are able, lie on your stomach, reach your hands behind you and grab your feet or ankles. Look up at the sky creating a “nest” with your body.