

To Receive What We Need, Drop the Extra

- Sit comfortably in kneeling position with the legs apart.
- Bend forward so that the elbows rest on the floor and are touching the knees, and the hands are clasped.
- Circle the body clockwise seven times, then counterclockwise seven times. Come to a stop.
- Sit upright with the palms down on the floor between the thighs. The fingers point outward, and the heels of the hands are close together.
- Lean to the right, stretching the body from the sacrum.
- Come back to the center, then stretch to the left. Repeat twice more on each side.
- Rest the forehead on the padded floor, and clasp the right wrist with the left hand behind your back.
- Rock the body from side to side so that the forehead rolls from side to side on the floor. Continue for several breaths, then bring that movement to a stop.
- Stretch the arms out in front of you on the floor, palms down, with the forehead still resting on the floor.
- As soon as the body sinks fully into this position, bring the hands (palm-down, one on top of the other) underneath the forehead, and rest the forehead on the hands.
- When the body sinks fully into this position, slowly sit up (the movement comes from the sacrum), drawing the hands in to rest on your thighs (near the knees), and sit comfortably.