



Grab the big toes with the first two fingers of the corresponding hand. Pull forward, bending at the waist, while holding the head high and arching the back and shoulders. [Photo 69]

Pull the stomach in and pause.

Sit up straight with legs together and extended. Place the left hand on the right knee and the right hand on the floor just behind the tailbone. Use the leverage of the left hand to twist the torso above the waist to the right while looking that direction with a turned head. [Photo 70]

Do the reverse to the other side.



Spread open your straight legs as wide as possible, and bend forward at the waist. [Photo 71]

Bring the head and chest as close to the ground as you can.



With legs still spread, lean the upper body to the right and extend the right arm as far as possible along the inside of the right leg. Grab the big toe if possible with the first two fingers while extending the left arm overhead and to the right. [Photo 72]

Do the reverse to the other side.