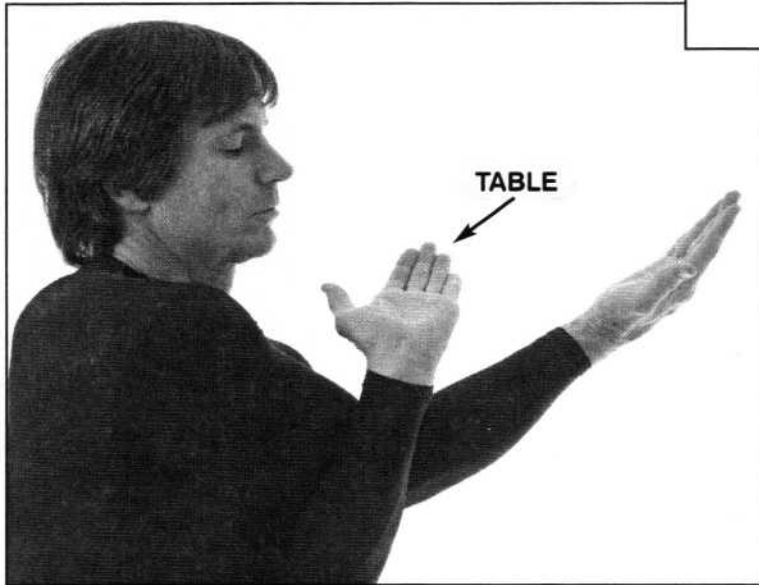
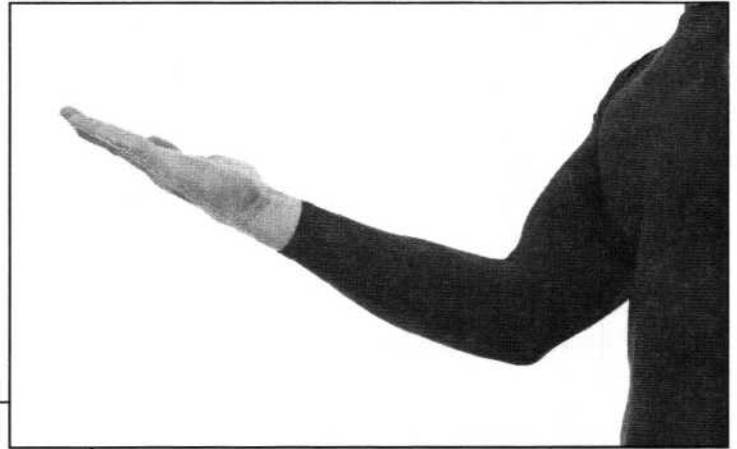


☯ Position 5 OVER AND UNDER

Place the right elbow along the center line of the body, right palm up, arm outstretched at a 45-degree angle from the body.

1

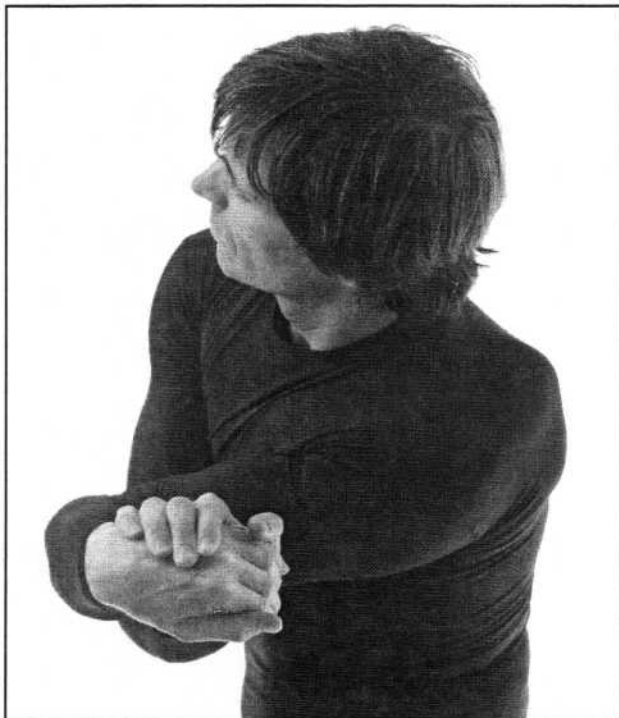


2

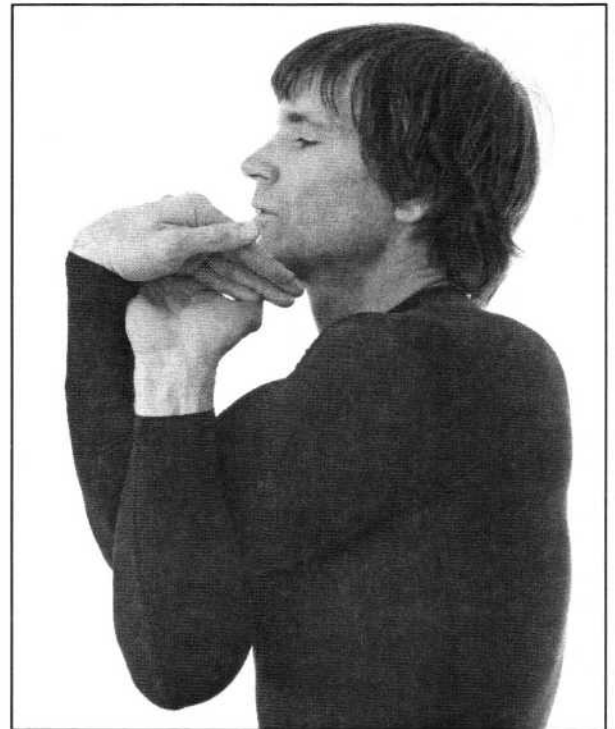
Reach across the body, under the right elbow with the left arm and rotate the left arm up, creating the "table" with the left hand.

Grasp the top of the right hand with the left hand.

3



4



Pull up on the right arm with the left forearm while pushing down with the right hand to rotate the right shoulder toward the floor. Hold for five to 10 seconds. Bend at the waist for a deeper stretch.



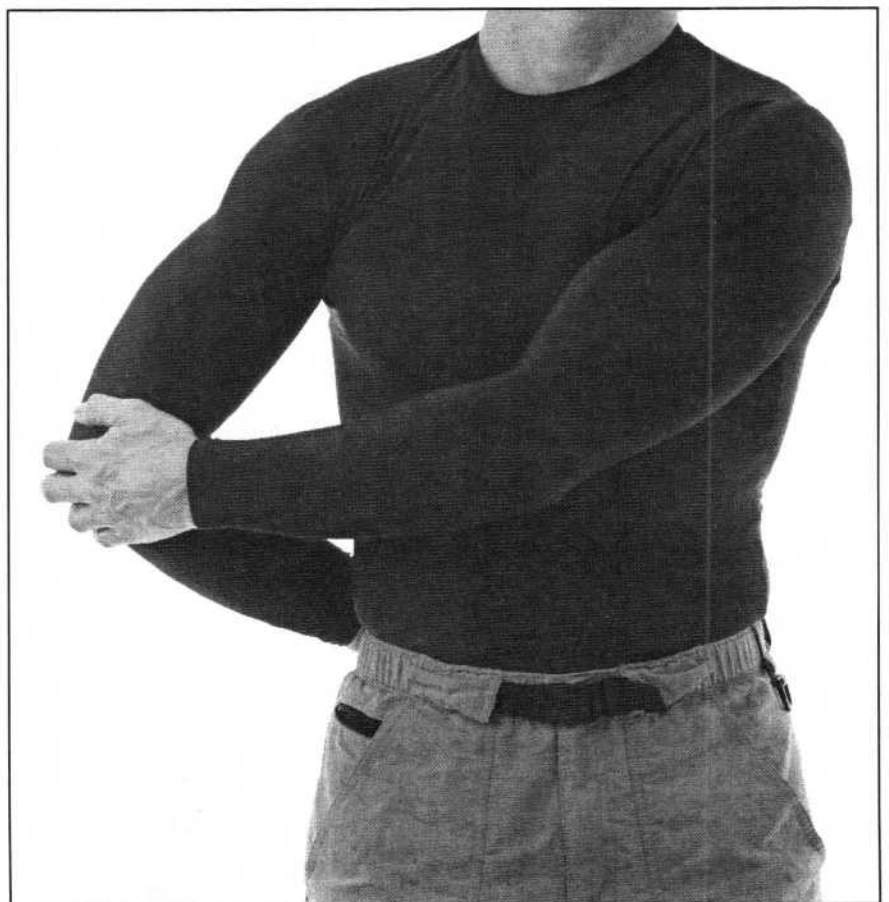
☯ **Position 6**
ELBOW LEVER AND PULL

1

Place the back of the right wrist on the back of right hip. Reach across the body with the left hand and grasp the right elbow.

Inhale, then exhale and pull with the left arm, rotating the right arm toward the front center-line of the body. Hold for five to 10 seconds.

2



3

Inhale, release, switch positions and repeat. Release and shake hands lightly.