

Exploration of FB  
The muscles of expiration

oK Internalize focus  
↑ IN / EX

- 1 PF → PB
- 2 PB → NV
- 3 NV → ST

oK Ex press soles of feet together  
feel muscles up to Pelvic Floor 1

oM ← IN oM 4x each side 2  
Ex →

oD ← IN oD 4x 2  
Ex →

oK | ← IN oK | 4x each side 2-3  
Ex → 2-3

~~oM | IN → oM | 4x each side 2-3~~  
~~← EX~~

oK | | ← IN oK | | 4x each side 1-2-3  
Ex →

oK | | ← IN oK | | Progressively ↑ Knee lift 1-2-3  
Ex → and EX

- ↑ Ex throughout
- Pause between each asana and feel circulation and awareness around muscles of expiration
- Journal on your experience doing this practice and the post suggestive effects.