

1



**Position Bettaback pillow
behind you**

2



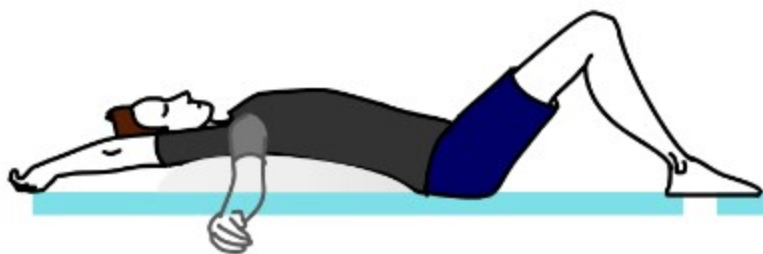
**Slowly lower yourself
Head pillow is optional**

3



Arms out to the side

4



Arms above head

5



**Hands tucked behind
head**

6



Low crunch up