

# Foundation Training - KNEELING FOUNDER

hold each position 5-10 slow deep decompression breaths

Order the  
Foundation Training  
DVD at  
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Keep back & neck straight

1

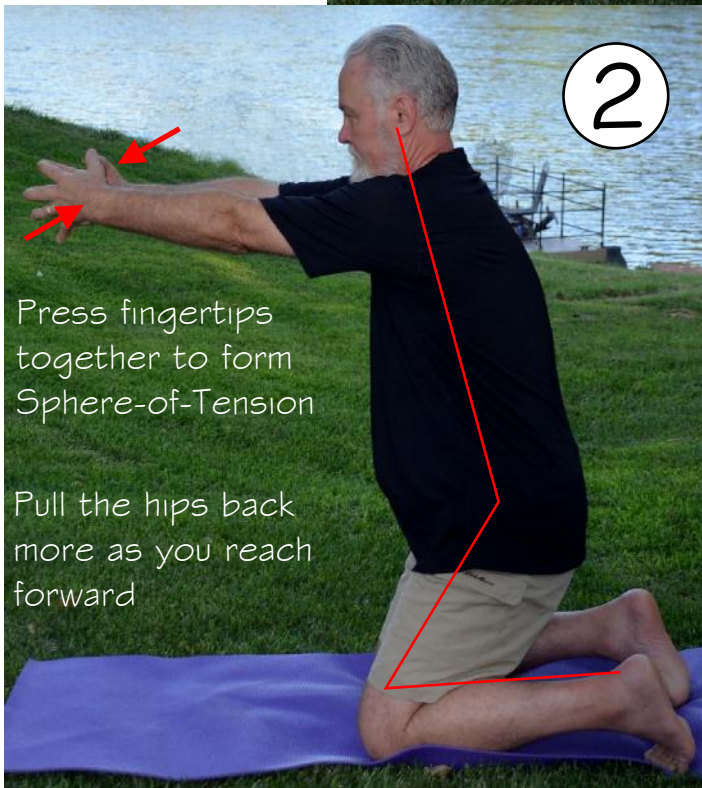
Pull chin back

NOTE: fold mat several layers thick to pad knees if needed

Pull belly towards back

Dorsi-flex the ankles

Decompression breathing:  
Lift chest higher with each breathe  
Pull belly towards back on exhale  
  
Turn thumbs away from body  
Pull arms back & elbows towards each other  
  
Squeeze butt cheeks together  
  
Squeeze knees together  
  
Toes are tucked under



2

Press fingertips together to form Sphere-of-Tension

Pull the hips back more as you reach forward



3

Raise arms as high as possible

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