



Faithfulness: Butterfly

With your feet extended on the floor in front of you, inhale. Exhale and bring the soles of your feet together toward your pelvis as you bend your knees. Grasping the feet, gently allow your thighs to fall toward the floor for a deep hip opening. Lift through the crown of your head as you inhale and exhale the openness of this butterfly pose. On your last inhale, lift your knees away from the floor and extend your legs in front of you.