

# Nola's Peaceful Pose

## **Seated Bend**

1. Start by sitting with your legs out in front of you.
2. Bring your arms straight out to the sides and up over your head, reaching toward the ceiling.
3. Inhale and draw your spine up long.
4. As you exhale, begin to come forward
5. Take hold of your ankles or shins, whichever you can reach.

**Feel the strong earth beneath you.**

