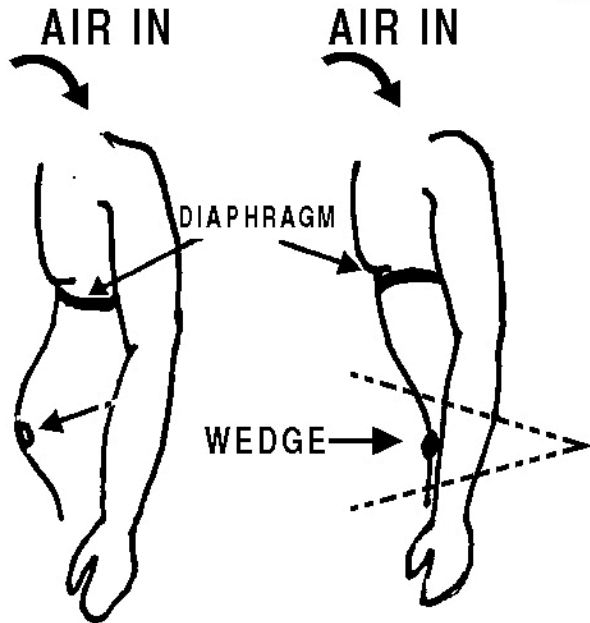


*ISOLATE STEP 2
WITH HANDS.
PRACTICE ALONE.*

YOGA COMPLETE BREATH ("THE WEDGE")

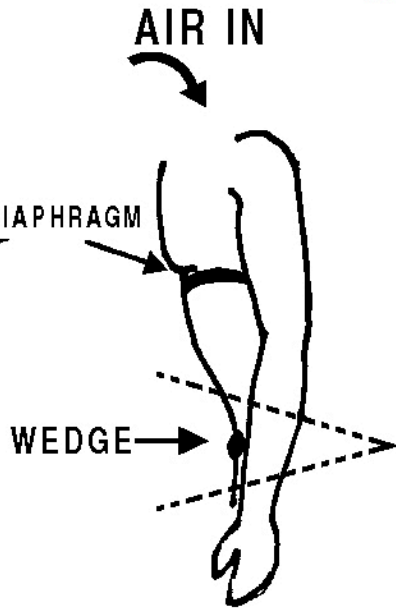
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STEP 1

SMALL INTAKE OF AIR,
SLIGHT OUTWARD
EXTENSION OF
ABDDOMEN IN AREA
OF NAVEL.
CHEST STATIONARY,
DIAPHRAGM INVERTS
DOWNWARD.

*DON'T EXTEND
TOO FAR!
5 CENTS WORTH*



STEP 2

LARGE INTAKE
OF AIR. ABDOMEN
PULLED INWARD
HORIZONTALLY
TOWARDS SPINE
TO CREATE "WEDGE"
POSITION, AS FAR
AS COMFORTABLY
POSSIBLE.

*NO SHOULDER
DANCING.*



STEP 3

LARGE INTAKE
OF AIR, LIFT
SHOLDERS UPWARD
TOWARDS EARS.
MAINTAIN "WEDGE"
POSITION.

DON'T PUSH FORWARD.

GRIP "WEDGE"



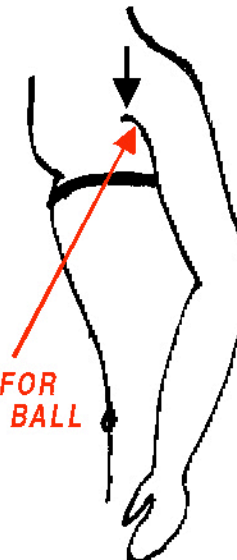
STEP 4

ISOMETRIC GRIP
OF ABDOMEN IN
NAVEL AREA AS
IF RESISTING A
"PUNCH" IN THE
ABS. MAINTAIN
WEDGE POSITION.

NOTE: STEPS 2,3 AND 4
ARE VARIABLE BASED
UPON WHAT YOU ARE
PLAYING.

DON'T SLAM!

LOWER
SHOULDERS



STEP 5

LOWER SHOULDERS
TO DESIRED
PLAYING POSTION.
MAINTAIN GRIP
OF WEDGE AREA
AND POSTION OF
WEDGE.

BLOW



STEP 6

*DON'T
PUSH
FORWARD*

BLOW AIR AS IF
SPITTING RICE OR
BLOWING OUT A
CANDLE.
MAINTAIN GRIP,
ADJUSTING TENSION.
AS YOU CHANGE
REGISTERS,
MAINTAIN POSITION
OF WEDGE.