

trial

1. Part Of Body
2. Number
3. Noun
4. Verb - Base Form
5. Part Of Body
6. Part Of Body
7. Noun

trial

Please lie on your Part of Body quietly. Put the Number legs standing on the floor and lift the right leg into the Noun. Place the left hand behind the right ear. This means to Verb - Base Form the face to the right. Place the left hand below behind the right Part of Body and the right hand behind the right Part of Body. The right leg is more or less extended toward the Noun. In this position, move the right knee toward the left elbow.