

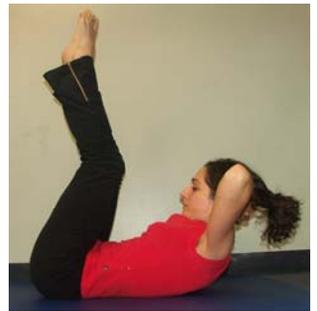
Double straight leg stretch

1a. Lying on your back, interlace your hands behind your neck at the base of your skull. Straighten your legs toward the ceiling, while keeping your legs together. Try to make a 90-degree angle with your torso and legs. With your back flat against the mat, do a chin tuck (bringing your chin to chest) keeping your eyes fixed on your abdominals. Lift your shoulders off the mat; however, do not lift from your neck but support it with your arms and use abdominals. Maintain your navel to the spine throughout the exercise.

1b. As you inhale lower your straight legs toward the ground. Do not allow your back to arch off the ground by maintaining abdominal contraction. Bring legs back toward your chest as you exhale, trying to create a 90-degree angle at your hips. You should feel your chest press towards the floor as the legs return. Repeat _____

times
1a.

1b.



Crisscross

1a. Lying on your back, interlace your hands behind your lifted head and your knees bent into the chest. Extend your right leg out long in front of you and twist your upper body until your right elbow touches the left knee (as close as you are able). Inhale as you lift to twist. (Make sure you are lifting from below your shoulder). Look back to your left elbow to increase the length and hold the position as you exhale.

1b. Switch sides by exhaling and bringing your left elbow to your right knee while extending the opposite leg out in front of you. Hold the stretch as you exhale completely. (Imagine your center anchored to the mat so that your pelvis remain stable and do not rock from side to side.) Repeat _____ times

2a.

2b.



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Single leg stretch

- 1a. Lie on your back with your knees bent. Raise your right leg and pull it towards your chest with your inside hand on the knee and your outside hand on the ankle. While holding onto your leg, extend your opposite leg out away from you and hold it above the floor. Make sure your back remains flat on the floor. Keeping your chin to your chest, inhale and pull your navel down into your spine. (Imagine you are anchored to the floor)
- 1b. Switch legs on exhale, bringing the outside hand to the ankle and the inside hand to the knee. Lengthen your extended leg long and in line with the hip. Repeat _____ times then pull both knees into your chest and go on to the Double leg stretch



Double leg stretch

2a. Using the arms, with palms facing up, reaching your arms back towards the head with arms in line with your ears.

2b. Exhale as you bring your knees towards the chest, while bringing your hands down just below the sternum with palms sweeping around the body. Then bring the hands around, resting at the top of the thighs.



3a.



Single straight leg stretch

3a. Lie on your back and pull both knees into your chest, elbows extended and head lifted. Extend your right leg up towards the ceiling and grab your shin with both hands as you stretch your left leg long in front of you, keeping it slightly above the floor, quadriceps tight.

3b.



3b. With a strong breath out, press your spine deep to the floor beneath you.

2a.

On inhalation, pull your raised leg in towards your head with a double bounce. exhale and alternate the straight legs by scissoring them past each other.



2b.



Grab the shin of your left leg and repeat as before, following inhale and exhale patterns of breathing.

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