Breathing should be slow and steady (6 second count inhale and 6 second count exhale). NOTE: If any pain is felt slightly back off the pose/position and slowly ease into the stretch as the muscles begin to relax.

**Child’s Pose**

Hands reaching in front—gently pressing hips back to heels. Focus on breathing

**Hold for 6 long breaths**

**Downward Dog**

From Child’s Pose—tuck your toes under and press your hips up—continue pushing through your hands while pressing your heels to the floor. Try to straighten your knees while keeping your back straight but don’t hurt yourself in the process

**Hold for 6 long breaths**

**Kneeling Lunge (with arm up)**

Lunge forward with hand on leg and lower opposite knee to the floor (move hip in direction of front foot). Reach arm up—slightly side bend and rotate arm so palm is facing away

**Hold for 6 long breaths**

**Deep Lunge**

From Kneeling Lunge position—both hands placed on the inside of front foot—either roll front knee out to side (looking under foot) or keep knee on top of ankle, then slowly come down to opposite elbow. To go further in the stretch—move back leg back further

**Hold for 6 long breaths**
Hamstring

From Deep Lunge position, sit back with leg out in front

*Hold for 6 long breaths*

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Glutes

From Hamstring position bend front knee and gently place knee in figure four position. Slowly come down to both elbows. To go further in the stretch, move back leg back further

*Hold for 6 long breaths*

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Repeat sequence 1–6 for opposite leg