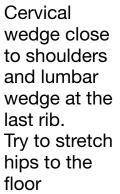
15 - 20 stretches









Stretch the hips to the floor. Press gently on thighs to assist the stretch.

Bring one knee into chest and pull gently on the knee until a stretch is felt, the hips will lift.



Keeping the hips down, open one knee out to the side pausing for a stretch.

15 - 20 stretches