



Hug right knee in

Start from
the top
and
repeat
on
other
side

Start from top of
this page



Work on
squeezing
scapulas together



Open and close
the back of the
knee



Use the right heel
to pull the hip
bone into length



Work on your rib
cage circles



Play with this
pose .. centre pull



The right arms
stretches the right
side,



Press into the
heels of the hands



Add a turn out and
turn in to get all
hamstrings



Then work on the
entire right side



Work on circling
the pelvis



Hug knee in

Repeat
on
other
side

Now work the left
side



Pick up your right
foot and turn it
out



Roll it over with
support



Open Leg Lill ;)



Look over your
right side



Then come back



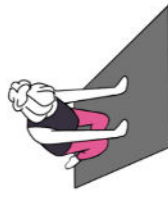
Pull each knee in
at a time

Repeat
on
other
side

Then do same on
the left side



Then release and
play with 'feet
wind screen
wipers



Come onto all 4's



Take time in your
child pose to chill