



Hug right knee in

Start from the top and repeat on other side



Open and close the back of the knee



Use the right heel to pull the hip bone into length



Play with this pose .. centre pull



The right arms stretches the right side,



Add a turn out and turn in to get all hamstrings



Then work on the entire right side



Hug knee in

Repeat on other side



Work on your rib cage circles



Press into the heels of the hands



Work on circling the pelvis



Pick up your right foot and turn it out



Then come back



Pull each knee in at a time

Repeat on other side



Then release and play with 'feet wind screen wipers



Come onto all 4's



Take time in your child pose to chill