



Butterfly Release _____ Single ____ Double

- A. Support low back and hips as pictured, being sure you can adjust rolled blanket away gradually as hip(s) open.
- B. Place hand on inner thigh and sense tone of muscles without pushing/massaging. Keep soles of feet together if double.
- C. “Bring” the breath deeply into hip, groin, buttocks and down thigh on inhale; passively soften/’melt’ on exhale, letting thigh bones lengthen..
- D. Repeat for _____ breaths _____ times per day.