



Four-position Hip Release

- A. Center outer ankle bone along thigh bone, keeping contact.
- B. Keep same side hip down on the ground, low back in contact.
- C. Reach through and around opposite leg, gently bring thigh toward head until first resistance. Breath deeply into both hips.
- D. Take up slack gently as hips soften and open...No force!
- E. Repeat for _____ breaths _____ times per day.