



Outer Hip Lengthening

- A. Cradle leg at knee and shin, keeping heel centered over sitting bone. Bring knee across the body, then up toward head to first resistance point with soft hands.
- B. On exhales, gently allow knee to drift/'melt' toward opposite shoulder, but not necessarily in a straight line.
- C. Keep pelvis on the ground, do not roll off hip.
- D. Repeat for _____ breaths _____ times per day.