

A. Side sit on a chair without arms with forward thigh supported on chair.

B. Keep spine long and breathe fully up spine.

C. Center forward foot active and directly under knee.

D. Trailing leg lengthens/ telescopes long with toes

bending back under foot, slowly sliding away from the chair as trailing hip opens with deep breaths into the lower belly/hip.

E. Perform on ___ R ___ L ___ Both

F. Repeat for _____ minutes _____ times per day.

