Left Sidelying Knee Toward Knee

1. Lie on your left side with your hips and knees at a 90-degree angle, your feet on the wall, knees together and back rounded. Place a pillow under your head and keep your back and neck relaxed.

2. Place a small bolster under your ankles and under your left side.

3. Press your left hip down into the table so that your right hip moves toward the wall. You should feel your left abdominals engage as you lift up away from the towel roll.

4. Push your bottom foot into the wall and shift your right knee forward so that it is ahead of your left.

5. Keeping your right knee shifted forward and your left hip down, lift up or turn “out” your upper thigh. You should feel your right outside hip (buttock) engage.

6. Then lift up or turn “in” your lower thigh high enough that it clears the mat but not to the point of touching your right knee. You should feel your left inner thigh and left outer hip (buttock) engage.

7. Hold this position as you take 4-5 deep breaths, in through your nose and out through your mouth.

8. Relax and repeat 4 more times.

*Reference Center(s): Left abdominals, Left heel, Right arch*