1. Place a piece of tubing in each hand with the tubing wrapped around your back.
2. Lie on your left side with your knees bent, head supported by pillows and a bolster underneath your left side.
3. Shift your right knee ahead of your left.
4. Reach forward with your right hand by straightening your right elbow against the resistance of the band.
5. Keeping your right knee shifted forward and reaching with your right arm forward, inhale through your nose.
6. Exhale through your mouth as you turn your right knee and right arm up towards the ceiling.
7. Maintain the above position and inhale again through your nose.
8. Exhale and reach upward with your right hand. You should feel the muscles on your right outside hip (buttock) and back of your right shoulder blade engage.
9. In this position, inhale once more and as you exhale, lower your right knee and right arm.
10. Relax and repeat 4 more times.