1. Place a 1-2 inch folded towel under your left knee.
2. Position yourself on your hands and knees with your back rounded and your right side against the wall.
3. Step forward with your right arm and right knee as you sidebend to the left. Keep your weight forward and to the left. Your nose should be over your left index finger. You should feel your left abdominals.
4. Maintaining this position, gently press your right knee into the wall. You should feel your right outer hip (buttock) engage.
5. Hold this position for 4 to 5 breaths, in through your nose and out through your mouth.
6. Relax and repeat 4 more times.