1. Lie on your back with your feet on a wall and knees and hips bent at a 90-degree angle.
2. Place tubing around your thighs (just below your knees) and a 4-5 inch ball between your ankles.
3. Inhale through your nose and exhale through your mouth, performing a pelvic tilt so that your tailbone is raised slightly off the mat. Keep your back flat on the mat.
4. Maintain a pelvic tilt and shift your right knee up (your right knee should be slightly higher than your left).
5. Squeeze the ball with your ankles and turn your right thigh “out.” You should feel your right outside hip (buttock) engage.
6. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
7. Relax and repeat 4 more times.