1. Lie on your back with your feet flat on a wall and your knees and hips bent at a 90-degree angle. Place a 4-6 inch ball between your ankles and a band around your knees.
2. Place a 4-8 pound weight in your right hand and straighten your right arm towards the ceiling.
3. Inhale through your nose and as you exhale through your mouth, perform a pelvic tilt so that your tailbone is raised slightly off the mat. Keep your back flat on the mat. Do not press your feet flat into the wall instead dig down with your heels.
4. Shift your left knee down or your right knee up so that your left knee is slightly below your right knee.
5. Rotate your right thigh out against the band. You should feel the muscles on your right outside hip (buttock) engage.
6. Inhale through your nose and as you exhale through your mouth, reach your right hand up towards the ceiling as you rotate your palm so it is facing toward your feet.
7. Inhale through your nose as you maintain the reach with your right arm. You should feel the muscles underneath your right shoulder blade engage. Exhale through your mouth and reach further.
8. Repeat this breathing sequence for 4-5 deep breaths, in through your nose and out through your mouth.
9. Relax and repeat 4 more times.