1. Lie on your back with your knees bent and place a 2-inch block under your feet.
2. Inhale through your nose and then 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.
3. Maintaining a pelvic tilt, straighten your left leg.
4. Slowly lower your left leg towards the floor without losing your pelvic tilt and keeping your leg straight.
5. Continue to lower your leg until it is just above the floor and then slowly raise it back up towards the level of your right leg (your left leg will not touch the floor). You should feel your right outside hip, back of the right thigh and the front of your left thigh working.
6. Lower your left leg again, until it is slightly above the floor and raise it back up. Continue this sequence until you have performed a total of 5 repetitions.
7. Relax and repeat 4 more times.