1. Lie on your back and place your feet on a 2-inch block against the wall.
2. Place a band around your knees and a 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. Maintaining a pelvic tilt, shift your left knee down below the level of your right. You should feel your left inner thigh engage.
5. Keeping your left inner thigh engaged and your right foot flat on the block, turn your right knee out. You should feel your right outside hip (buttock) engage.
6. Hold this position while you take 4-5 breaths, in through your nose and out through your mouth.
7. Relax and repeat 4 more times.