

Reverse Milk the Cow

1a. Place your left heel on the end of a yoga strap. Pull the other end over your right shoulder placing belt at the corner of your neck and shoulder. Hold the strap with your left hand, allowing your right to relax by your side. Bend your knees, pull the strap so it is taught.

1b. Slowly straighten your knees keeping your abdominals pulled in. You should feel a downward pressure on your shoulder from the strap. Tilt your head to the left, dropping your left ear to left shoulder. Hold for 15-30 seconds. Repeat 3 times. Repeat on the other side.

1a.



1b.



2 Strap Hamstring Belt Stretch

2a. Lying on your back, place right leg through a looped yoga strap so that strap is at the top of your thigh. Use your left foot to push the strap away.

2b. Hold the ends of the other strap and place strap on the right sole of your foot. Straighten your right leg and pull leg towards your body keeping your sacrum on the floor.

Hold stretch for 30-60 seconds.
Repeat on the other leg.

2a.



2b.

