

**Side-Lying Legs- Passe**

- 1a. Lay down on your side and line yourself up with the back edge of the mat, your hips and shoulders should be square, your head back and in line with your spine, and your legs forward in a slight diagonal. Stretch out the crown of your head to lift it, and support it with your bottom hand. Turn your bottom leg out, and ‘kickstand’ your bottom foot. Press your top hand firmly into the mat. Exhale, draw your abdominals in and cinch your waist tight, and reach your top leg away from you to sweep it up toward the ceiling.
- 1b. At the top, bend the knee, and keep your hips stable and thigh open as you touch the toes of the top leg to the bottom knee and then slide down the bottom leg until the top leg is straight Repeat \_\_\_\_ times.
- 1c. Reverse, bend the top leg as you raise the thigh and slide the toes to the knee of the bottom leg. Unfurl the leg out to straight keeping your hips still, thighs open, and waist strong. Reach the leg long to lower it to the bottom leg.

1a.



1b.

1c.



**Variation - Small Circles**

- 1a. From same start position as Front/Back, reach long through the top leg to lift it. Hover top leg over bottom leg in line with body and trace small circles in the air going from front to back 8x, then the reverse 8x. Keep breathing throughout, stretching the top leg out and away, and drawing your abs to keep the hips still.



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