



Baby Cradle

1a. Lie on your back with knees bent and feet flat on the floor. Bring soles of your feet together and knees apart. Reach hands through the space between your legs and grasp heels. Push knees further apart with elbows. Press your lower back, sacrum, and buttocks onto the ground. Gently tuck chin. Hold 30 seconds.

1b. Maintain position on left side. Extend right leg to the side, reaching heel toward the ceiling. Grasp outside of right ankle. Hold 30 seconds and repeat on the other side.

1c. Return to position 1a, bringing soles of feet back together. Lift head, tucking chin toward chest until you feel a stretch along the back of the neck. Hold 30 seconds.

Sitting Pretty

2a. Side sit with soles of your feet to the left side and knees to the right. Place hands on the floor behind you with elbows straight and lean back slightly. Push sit bones to the floor.

2b. Keep right hip on the floor as you press left hip forward and to the right, rotating the hips. Squeeze the left buttock to feel a stretch in the front of the left hip. Hold 10 seconds. Repeat five times.

Repeat on other side. 2a.



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