

Kneeling Hip Flexor (v) “C”

1. Kneel with your right foot forward and flat on the floor, keep your chest up. Maintain 3 points throughout the stretch: 1. keep navel pulled in 2. press the top of the back foot into the floor and 3. slightly tuck your pelvis under (posteriorly.) Slowly shift hips forward, (remember 3 points!) until you feel a stretch in the front of the left hip (hip flexor or psoas muscle.)
2. Reach your left arm up to the ceiling to increase stretch up the front of the body. Breath. Reach to the right making the letter C with your body. Slowly unwind. Repeat other side.

