

Side-Lying Legs- Front/Back

- 1a. Lay 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 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 lift it up.
- 1b. Keeping your pelvis and trunk stable, inhale and sweep your leg forward with a small & easy pulse at the front end.
- 1c. Exhale and draw your abs in deeper as you sweep the leg back, and again give a small pulse at the back end. Stretch your leg long as you sweep it and your hips and back completely stable.

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.



580 Market Street,
 Suite 200
 San Francisco, CA
 94104
 P: 415-788-2100
 F: 415-788-2102