

Wide Child

Start on your hands and knees with your big toes touching and your knees apart wider than body width. Sit on your heels, forehead on the floor and arms stretched out in front of you. Take a few breaths here as you feel a stretch through your back.

Walk your hands to the right to increase the left side body stretch. Press your hands into the floor as you try to sink your sit bones back and down. Hold for a stretch. Repeat on the other side, walking hands to the left.

