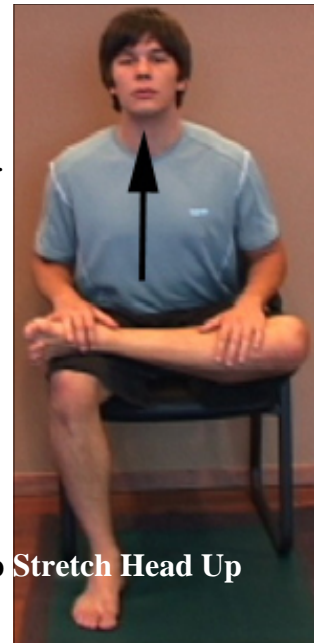


- Begin with one outer ankle bone centered on opposite thigh bone. Keep up leg toes pulled back to protect the knee.
- Keep equal weight on both sit bones, ground down foot directly beneath knee.
- Breathe deeply and keep spine long, shoulders square as you hinge forward on exhales as the body releases.
- Repeat ___ breaths.
R L Both sides.
___ times/day.



Seated Hip Stretch Head Up

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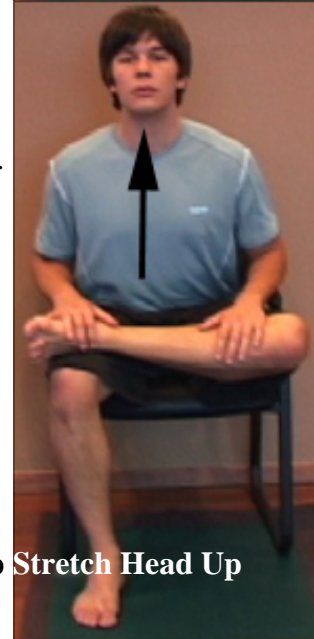
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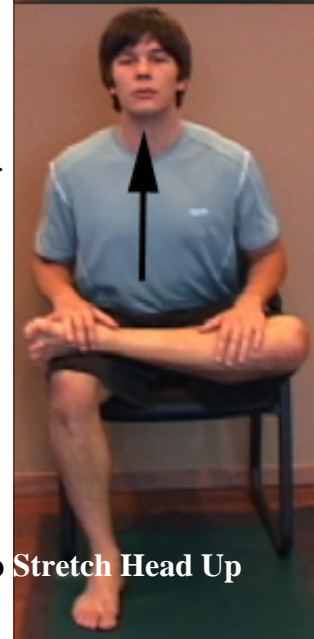
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