

The Preliminaries



Reclined Leg Stretch

Supta Padangusthasana

30 seconds to 1 minute

Props: Strap

Instructions

1. Lie on your back with your legs straight.
2. Bend your right leg and bring it into your chest. Hold your right big toe with your right hand or loop a strap around the sole of your right foot if you cannot reach your toe. Hold one end of the strap in each hand as you press your left thigh strongly down into the ground.
3. Extend your right leg straight up. Keep the toes of both feet drawn towards the ankles. Stay for 30 seconds to 1 minute, breathing evenly. Lower the leg and repeat on the opposite side.