




**Principles**

1. Before getting out of bed, roll to one side and do cat/cow pelvic rolls and then sit up.
2. Elevate legs up wall at night when you've done a big walk/your thighs have been worked out with the postures.

Postures in green are the best for days when your back is sore.

Posture	How	Variations	Breath
<p>Knees to chest</p> <p>Activate glute muscles</p>	<p>Lay on back with both knees hugged into chest.</p> <p>Gradually extend legs straight out. Begin with one glute muscle, contracting and releasing. Move from left to right side, contracting and releasing.</p>		<p>Deep, full breathing. Focus on creating a rise and fall with the breath. On the exhale, encourage the thighs even closer. Stay for 5-10 breaths, longer if you like.</p> <p>Aim to practice 15-20 times each side and then both together for the same again and finish by contracting each side and holding for a few breaths. Once completed hug knees to chest, rocking side to side gently.</p>
<p>Childs pose</p> 	<p>Come to an all fours position. Bring big toes in to touch and slide knees out wide. You might extend arms with hands wider than shoulders or stack forehead on hands.</p>		<p>Deep, full breathing. Focus on creating a rise and fall with the breath. Stay for 5-10 breaths, longer if you like.</p>
<p>Cat/cow</p> 	<p>Come to all fours, hands under shoulders and knees under hips.</p>		<p>Inhale –move into backbend, eyes look directly down between hands. Exhale –forward bend, eyes look at thighs. Aim to do 15-20 rounds.</p>

<p>Pigeon pose</p>  <p>Standing</p>	<p>From all fours, slide left knee forward and wiggle left foot across to right side. Lift up back knee and slide back. You'll feel the stretch sensation in the left glute.</p> <p>Position feet hip distance, slightly pigeon-toed. Bend knees slightly to feel thigh muscles engage.</p>	<p>May have elbows or hands under shoulders.</p>	<p>Deep, full breathing. Focus on creating a rise and fall with the breath. Stay for 5-10 breaths, longer if you like. Slide back to childs pose for a few breaths before moving to opposite side.</p> <p>Deep, full breathing. Inhale – belly relaxes Exhale – belly contracts Aim to take 15-20 breaths here or as long as you can. Try to do this 3-4 times per day.</p>
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