

# Open & Restructure Your Legs Movement Sheet



## Lying Leg Opener -

From Lying on your back with your knees bent and your feet to the floor — take your right knee to your chest and place a strap on the ball of your right foot. Inhale bend your knee and exhale extend. Do this several times until you are ready to hold.

Roll your inner leg in, your heel to the sky and your toes down. With each exhalation bring your thigh toward your belly until you reach your edge. Hold and breathe.

When ready place the strap in your right hand, keep your right leg straight and strong and lower your right foot toward the floor to the right. Don't allow your pelvis to lift off the ground. Hold your edge and breathe.

When ready, exhale your straight, strong leg back to center, switch hands and bring your left hand on your strap. Exhale and bring your right foot to the left and your left knee to the right. Don't let your pelvis leave the floor. Hold your edge and breathe.

Come out and switch sides. Take your left knee to your chest and place a strap on the ball of your left foot. Inhale bend your knee and exhale extend. Do this several times until you are ready to hold. Roll your inner leg in, your heel to the sky and your toes down. With each exhalation bring your thigh toward your belly until you reach your edge. Hold and breathe.

When ready place the strap in your left hand, keep your left leg straight and strong and lower your left foot toward the floor to the left. Don't allow your pelvis to lift off the ground. Hold your edge and breathe.

When ready, exhale your straight strong leg back to center, switch hands and bring your right hand on your strap. Exhale and bring your left foot to the right and your right knee to the left. Don't let your pelvis leave the floor. Hold your edge and breathe.

This movement will open you to appreciate the teachings of your parents — and to release what doesn't work for you.

## Lunge to Runner's stretch



From all fours with your hands under your shoulders and your knees under your hips. Roll your inner arms out and lift your ribs up and in toward your spine and down toward your pelvic rim.

Hold your low back in this neutral position as you step your right leg forward. Walk your right leg as far forward as possible. If you need use a block to prop up your right hand. Exhale drop your tail down and forward keeping your ribs in and down. Inhale open your heart. No wrinkles in the back of your neck.

Keep breathing in through your nose and out through your mouth. When ready straighten your front leg. Keep your pelvis even, roll your inner leg in, push through your heel and bring your toes back to look at your body. Drop your belly toward your thigh and your chest toward your knees. Keep your head loose and free. Hold and breathe and when ready come back to lunge. Do at least two times.

When ready to come out go back to all fours.

Switch sides and step your left leg forward. Walk your left leg as far forward as possible. If you need use a block to prop up your left hand. Exhale drop your tail down and forward keeping your ribs in and down. Inhale open your heart. No wrinkles in the back of your neck.

Keep breathing in through your nose and out through your mouth. When ready straighten your front leg. Keep your pelvis even, roll your inner leg in, push through your heel and bring your toes back to look at your body. Drop your belly toward your thigh and your chest toward your knees. Keep your head loose and free. Hold and breathe and when ready come back to lunge. Do at least two times.

When ready to come out go back to all fours.

This pose will release your fear responses and open the back of your legs so you can forgive your parents and bring in the energy of forgiveness if needed

## **Standing Hamstring Stretch**



Come to stand with your feet inner hip width apart. Press into the outer edges of your heels. Roll your inner legs in, drop your tail toward the earth, snap your ribs in and down

and roll your inner arms out. Allow your head to rest on top of your spine. Hold and breathe. (This is your new standing posture!)

Step your left foot forward about 3-4 feet keeping your feet inner hip width apart. Make sure your feet are facing forward and if your hamstrings are tight you'll need a block, stool or chair to prop your hands on.

When ready exhale and drop over your front foot keeping your pelvis even. Bring your belly toward your thigh and your chest toward your knee. Allow your head and neck to be loose and free.

Hold and breathe allowing yourself to be in the energy of your parents with respect.

Come out when ready by pressing through your back heel and stepping into your standing posture.

Step your right foot forward about 3-4 feet keeping your feet inner hip width apart. Make sure your feet are facing forward and if your hamstrings are tight you'll need a block, stool or chair to prop your hands on.

When ready exhale and drop over your front foot keeping your pelvis even. Bring your belly toward your thigh and your chest toward your knee. Allow your head and neck to be loose and free.

Hold and breathe allowing yourself to be in the energy of your parents with respect.

Come out when ready by pressing through your back heel and stepping into your standing posture.