

Age Less Move More

Inner Leg Opening Movement Sheet



Wide Legged Child's Pose

From all fours walk your inner legs apart. Take your ribs in toward your body and down to your pelvic bowl. Drop your bottom back on to your heels and walk your upper body forward. Come to your elbows and drop your heart to or

toward the floor. Hold and breathe in and out of your inner legs.

Come out by sitting up on your heels and walk your knees together.



Wide-Legged Pose

Come to sit with your legs out in front of you. Place your hands behind your buttocks. Walk your legs apart, push through your heels and roll your inner legs in. Lift yourself up and push yourself forward. Do several times until you feel

a good stretch in the inner legs. Draw your ribs in and down to keep your low back long. Place your hands to the inside of your legs and walk your

hands forward. Drop down to your elbows if you can. Hold your edge and breathe dropping your heart toward the floor.



Wide-Legged Standing Pose

Come to stand with your feet inner hip-width apart. Drop your tail down, ribs in and down and squeeze your shoulder blades together.

Walk your feet apart as far as they go. Press into the outer

edges of your heels. Drop down to your hands, hold and breathe. If you can come down to your elbows. Hold and breathe. Come back up by coming up on to your hands and walking your feet together.