



## EASY STRETCHES TO RELAX THE PELVIS WOMEN

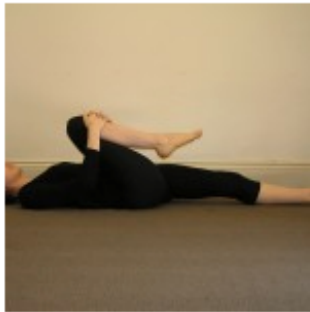
These stretches are designed to loosen the muscles inside and around the pelvis.

Take the movements to a point of increased tension but never pain.

Hold a easy stretch for 30 seconds and breathe mindfully into your belly.

Remember to do both left and right sides, up to three times each.

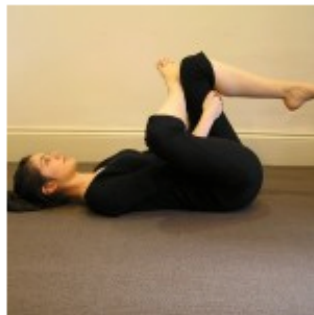
The exercises will help most when done every day.



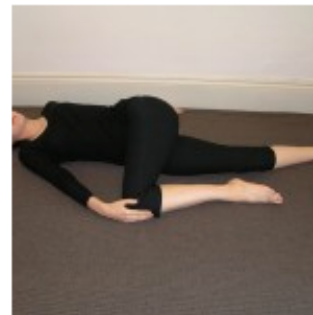
**Knee to Chest** Start lying on your back with both legs straight and relax. Bend one knee to your chest. Hold an easy stretch for 30 seconds and breathe deeply into your belly. Repeat the stretch with the other leg.



**Knee to Opposite Shoulder** Start lying flat. Bring your left knee to your chest and diagonally to the opposite shoulder. Hold an easy stretch for 30 seconds. Breathe Mindfully. Repeat the stretch with the right leg.



**Foot and Knee Up** Start with your feet on the floor and knees bent. Bring your right foot to the front of your left knee. Then lift your left knee towards your chest. Hold an easy stretch for 30 seconds. Breathe mindfully. Repeat the stretch the opposite way, with right foot to left knee etc.



**Knee over to hand.** Start lying flat on your back. Left knee comes over your body to the floor near the right hand, which can hold the knee down. Hold an easy stretch for 30 seconds and breathe mindfully into your belly.



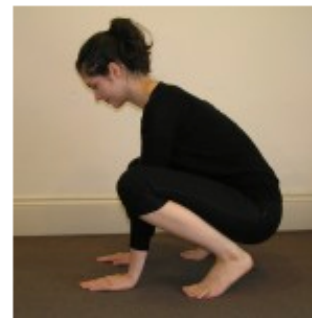
**Childs Pose** Start on your hands and knees. Relax your bottom down towards your heels - your knees are wider apart, feet closer together. Hold an easy stretch for 30 seconds and breathe deeply into your belly. Your head can rest on the floor.



**Flat Frog** Lie flat on your back, with the soles of your feet together and knees falling apart. Bring your feet comfortably close to your bottom. Hold an easy stretch for 30 seconds. Breathe deeply into your belly.



**Happy Baby.** Start lying on your back. Grasp the inside of each foot with your arms inside your knees. Allow your knees to widen apart. Hold for 30 seconds and breathe mindfully into your belly.



**Relaxed Frog** Start with your weight on your hands and feet. Relax your bottom down between your heels. Your elbows gently push your knees apart. Hold an easy stretch for 20 seconds. Breathe mindfully into your belly. This stretch is only good for people with good knees!