

Reclined Leg Stretch



Reclined Leg Stretch

Supta Padangusthasana

30 seconds to 1 minute

Props: Strap (optional)
Blanket (optional)

Instructions:

Lie on your back with your legs together. Extend both legs strongly through your heels.

Keep your left leg tunneling into the ground as you bend your right leg and draw it into your chest. Place a strap around the arch of the right foot and hold the strap in both hands.

Extend your right leg straight up. Walk your hands up the strap until the elbows are fully extended. Keep your neck relaxed and make sure you are not throwing your head back.

Lengthen the back of the right leg between the heel and sitting bone. Try not to be overly enthusiastic about pulling your leg toward your chest. Instead emphasize the grounding of your left leg as you draw your arms back into the sockets and lift your collarbones. Stay for 30 thirty seconds to 1 minute breathing evenly. Slowly release. Repeat on the left side.

Modification: If your head doesn't rest comfortably on the floor, support it on a folded blanket.