

BUTTERFLY POSE

- Sit tall on the floor - pushing down through your sit bones and up with the crown of your head.
- Bring the soles of your feet together, close to your groin and allow your knees to fall to the floor.
- Relax into the stretch while sitting long out of your pelvis, making the distance between the top of your head and your tailbone as long as possible, let your shoulders be soft.

Benefits

- Promotes flexibility in your hips and groin.
- Removes tiredness from long hours of standing and walking.
- Relieves the inner thigh muscle tension.
- Relieves tightness in lower back.
- Brings awareness to pelvic tilt.

Beginners Advice

- Breathe naturally and easy.
- Keep the spine and neck long.
- Sit against a wall with your tailbone right in where the wall meets the floor.
- Apply gentle downward pressure on your knees.

Challenge

- Place elbows on thighs and press both the thighs downward with the elbows effortlessly.
- Get someone to apply gentle downward pressure to your knees.
- Without compromising sitting position bring heels closer to groin.
- Fold forward, drawing your torso towards your legs. Remember to keep your spine long. You can keep your hands on your feet or you can extend your arms out in front of you.

Adjustments / What to look for

- Make sure you are lengthening your spine, drawing the belly button in towards spine.
- Make sure your shoulders are relaxed.
- Create as much distance between the top of our head and tailbone as possible.
- Sit up out of your pelvis gradually working knees to the ground.

