



## Bent Knee Pendulum

- Gently raise your knees and hips to a 90-degree position.
- Rotate through the hips while maintaining contact with your mat.



## Butterfly Crunch

- Open through the knees and place the bottom of the feet together.
- Gently raise up into a crunch position, driving the hands to the knees.



## Lotus Hold

- On your stomach, gently raise your legs off the mat.
- Engage the upper back by driving your elbows to your hips.
- Maintain this position for 20 to 30 seconds.



## ABC Lotus Hold

- Place your arms along your legs palms up.
- Lift your chest and legs.
- Drive your hands to the ceiling for M, out to the side like a bird for T, drive the elbows down and back for W and overhead for Y.
- Reverse sequence back to start M position.



## Side Leg Lift

- From a side laying position, raise your top leg to the ceiling, and pull the heel back to the start position.



## Clamshell

- Bending at the knees, keep your feet together.
- Open the top leg as if you were opening a clam.