

Leg Fold 1

Level 1 / Posture 3



Bring both knees up toward your chest

Wrap your hands around the outside of your knees & tug the knees closer to your chest.

Hold 6 – 20 breaths **Release** Lower your legs & arms
Repeat 1 – 3 times

Breathing

Lie in Starting Position, Breathe in
Breathe out, Bringing Knees up to chest

Hold 6 – 20 breaths

Release Breathe in,
Breathe out, lowering legs & arms

Leg Fold 1 & 2 are popular stretches that provides gentle yet effective relief for the lower back. They're great when you're just getting up in the morning, relieving any stiffness that sets in over night. They're also good tension relievers any time of day or before bed. For people who carry their excess weight in their thighs and tummy, it can be tricky to wrap your hands around the outside of your legs, especially when both legs are up together. In this case, you can modify the pose by wrapping your hands around the inside of your knee, between the knee and the thigh, and still gain some benefit. In time, your flexibility will improve and allow you to wrap your hands around the outside of your knees for the extra stretching that brings.

Yoga Snack Try this first thing in the morning before you get out of bed. It'll loosen any stiffness that has settled in overnight.

Time to Do: 1 – 3 minutes

Body Parts Used by This Posture: Lower Back, Thighs, Shoulders

Warms You Up for: Any posture requiring flexibility in the lower back.

Good After: Shoulder Stand, Plow, Bow, Back Push Up, Relaxation, or after long periods of lying down.

Builds you up for: Spider, Leg Fold 2

Combines Well with: Shoulder Stand & Plow; Back Push Ups

Energy Center Used: Root, Belly (Navel)

? 2002 Corinne Friesen www.audioyoga.com

Leg Fold 2

Level 1 / Posture 4



Bring one knee up toward your chest. Wrap your hands around the outside of your knee & tug the knee closer to your chest.

Hold 6 – 20 breaths

Release Lower your leg & arms

Switch Legs. Repeat. Hold 6 – 20 breaths. Release.



Third Time: Repeat with both knees together.

Hold 6 – 20 breaths.

Release Lower your legs & arms

Breathing

Lie in Starting Position, Breathe in
Breathe out, Bringing knee(s) up to chest

Hold 6 – 20 breaths

Release Breathe in,
Breathe out, lowering leg(s) & arms

Yoga Snack Try this first thing in the morning before you get out of bed. It'll loosen any stiffness that has settled in overnight.

Common Errors

Starting out with body & legs crooked.

Wrapping hands around the inside of knees, between knees and thighs, instead of the outside. Wrapping your hands around the outside increases the stretch in the thigh and lower back.

Time to Do: 1 – 3 minutes

Body Parts Used by This Posture: Lower Back, Thighs, Shoulders

Warms You Up for: Any posture requiring flexibility in the lower back.

Good After: Shoulder Stand, Plow, Bow, Back Push Up, Relaxation, or after long periods of lying down.

Builds you up for: Spider, Leg Fold 2

Combines Well with: Shoulder Stand & Plow; Back Push Ups

Energy Center Used: Root, Belly (Navel)

? 2002 Corinne Friesen www.audioyoga.com