

### Benefits:

Builds strength in and loosens: lower back, abdominals, inner thighs, knees & knees.

### Body Parts Used by This Posture:

Lower Back, Abdominals, Inner Thighs, Knees, Ankles

**Combines Well with:** Side to Sides, Knee Stretches, Reclining Butterfly.

**Builds you up for / Warms you up for:** Butterfly, Lunges, Modified Side Stretch, Camel, Wheel.

**This Pose Can Substitute for:** Happy Baby, Butterfly

**Energy Center Used:** Root Center

**Try Learning First:** Butterfly Preparatory Pose 1, Reclining Butterfly. You will need to understand the Reclining Butterfly to know how to start the Thigh Master pose.

This is an excellent way to build up the strength in your hips & thighs. It will build you up well for doing many other, more difficult postures. It does wonders for opening up energy channels in the root.



### Yoga Snack

This is a nice one to do while watching TV or waiting for the bath to fill.

### Start

Lying down in Reclining Butterfly. (See Posture Instructions on Reclining Butterfly.)



exercise.

### Key

Be sure to have the soles of your feet completely together. Keep them together throughout this entire



**Modification** If you can't do this opening position without feeling uncomfortable in your hips or lower back, try placing a pillow under each of your thighs. This will allow you to let your hips open while you relax into place.

**Tip** Take a few breaths to settle into place. With each breath out, feel the weight in your hips and legs sinking toward the floor; feel your knees opening and hips loosening.

**Next**

Keeping the soles of your feet together, bring your knees up, trying to make your legs meet.

**Tip**

Stop before your knees or thighs or lower back hurts.

**Key**

Keep the soles of your feet in contact with each other. This is what will make your ankles, knees and thighs work hard.



**You Will Feel This In**

When done well, you will feel this in your knees, ankles and inner thighs.

**Hold for 2 – 6 breaths**, or until you've reached the limit of your ability to hold the pose. (You're past your limit when holding the pose means you're in pain or you're going to collapse out of the pose). This pose also lends itself very well to Yellow Level Breathing Themes, moving with the breath. In that case, you don't hold the pose, but you move into it and out of it in rhythm with your breath.

**Encouragement and Safety Warning**

This pose looks easy, so many people try to make themselves go farther with it they should. Their thoughts go something like this, 'This pose is supposed to be easy. I should be able to make my knees meet at the top, so I'll just keep pushing it until they do.' This is a sure way to injure your knees. Listen to your body. When some part says you've gone far enough, that any further will be painful, then hold the pose there and enjoy the stretch. In this way, you will develop strength and flexibility sooner than if you force it.

**Breathing**



Once you're in the starting position, breathe in and out, relaxing into place, feeling your knees and thighs relax and open. **Do this for at least 6 breaths.**



**Breathing In**  
Bring your knees up.  
  
**Hold**  
**For 0 – 6 breaths or more.**



**Breathing Out**  
Open your knees into the starting position  
  
**Hold**  
**For 0 – 6 breaths or more.**

**This pose lends itself very well to simply moving into and out of the stretch as you breathe in and out, without holding the pose for any length of time.**

**Great Combination**

Try combining the Thigh Master with the Reclining Butterfly and then following them with the Side to Sides for a relaxing mini-routine that loosens your hips. Do the Reclining Butterfly, alternating with the Thigh Master for 3 – 5 rounds, then do 3 – 5 rounds of the Side to Sides.

