

## Side body



Extended Side Angle



Reverse Triangle

These poses are great for strengthening the outer hip and stretching the side body.

Begin in Warrior 2 (see pdf) with the (Left) foot forward and (Right) foot back. Place the (Left) forearm on the thigh and reach the (Right) arm overhead. Press the (Right) pinkie toe into the mat and the hip forward. Rotate to look upward for an added stretch. Inhale, then exhale into Warrior 2. Inhale and move into Reverse Triangle by taking the (Right) hand to the thigh, straightening the (Left) leg and reaching the (Left) arm overhead. Inhale, then exhale again into Warrior 2. Move in the sequence, inhaling as you reach into either pose, exhaling back into Warrior 2, 5 times on each side.



Gate Pose: Begin on the knees then extend the (Left) leg straight to the side, toes facing forward and pressing into the mat. Use a block or sturdy water bottle to put the (Left) hand on. Press the (Right) hip forward and reach the arm over to the (Left). As the hip presses forward, twist up for an added stretch. Take 5-10 expansive breaths, then repeat on the second side.



Side Child's Pose: From Child's Pose (see pdf for modifications), walk the hands over to the (Left) side and drop the head back down on the ground. Keep the hips pressing down and take deep, expansive breaths into the (Right) side body. For a deeper stretch, roll the (Right) shoulder closer to the mat OR cross the (Right) hand over the (Left) hand. 5-10 breaths then do the second side.