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## Psoas Stretch

Lie on floor bend knee demonstrated below, interlace hands behind the knee.

- 1.) Lightly press into hands and hold for 2-3 breaths
- 2.) Bring knee to chest holding for 1-2 breaths and extend to 1<sup>st</sup> position
- 3.) Press into hands again holding for 2-3 breaths
- 4.) Release leg down to the floor
- 5.) Rest for a breath
- 6.) Repeat with the other leg

### Position 1



### Position 2

