

Gentle: 30 minutes

Lent: Hip Strengtheners with Betsy

SUPINE

- Right knee bent, lift and lower LEFT leg – point toes on the raise/flex foot on the lower (5 times)
- Right knee bent, lift and lower LEFT leg – flex foot on the raise/point toes on the lower (5 times)
- Half Backbend – lift and lower hips 3 times
- Knee hug
- Left knee bent, lift and lower RIGHT leg – point toes on the raise/flex foot on the lower (5 times)
- Left knee bent, lift and lower RIGHT leg – flex foot on the raise/point toes on the lower (5 times)
- Half backbend – lift and lower 3 times
- Knee hug
- Arms to T
- Right ankle to left knee – drop to left for twist
- Left ankle to right knee- drop to right for twist
- Knee hug
- Roll up to Seated Engaged
- **1st BPP**
- Cross Legged Seated
- Angel arms – right arm lifted – left arm lifted
- Forward fold over crossed legs with hands on hips
- Gently rotate torso in a circular motion over legs

HANDS AND KNEES

- Arch and Round 3 times
- Left leg Calf stretch – lift and lower left leg – point toes on the raise/flex foot on the lower (3 times)
- Left leg Calf stretch – lift and lower left leg – flex foot on the raise/point toes on the lower (3 times)
- Right leg Low Lunge – Left arm side bend to right
- Rock
- **2nd BPP**
- Hands and Knees
- Right leg Calf stretch – lift and lower right leg – point toes on the raise/flex foot on the lower (3 times)
- Right leg Calf stretch – lift and lower right leg – flex foot on the raise/point toes on the lower (3 times)
- Left leg Low Lunge – Right arm side bend to left
- Hands and knees
- Pike (hold for several breaths)
- Rock
- Seated Engaged

SUPINE

- Full body stretch
- Knees bent – feet on floor

LONG HOLD

- Reclined Inner Thigh Stretch
- Knee hug
- Right knee bent (left leg long) – open to the right – make small circles with right knee
- Right knee twist to the left
- Left knee bent (right leg long) – open to the left – make small circles with left knee
- Left knee twist to the right
- Final Resolution (Arms to T)