

## Seated hip and torso stretch

1. Sit on the ground with your legs extended straight in front of you
2. Bend your right knee and cross your right foot over your left thigh, placing your right foot flat on the ground
3. Reach your right arm behind you, placing your right palm flat on the floor
4. Twist your torso to the right and place the back of your left elbow on the outside of your right thigh
5. Look over your right shoulder and push your left elbow against your right thigh to deepen the stretch
6. Hold for 30 seconds before switching sides

