

## PSOAS STRETCH

1. Laying on your back, place the foam roller, or a yoga block, under your sacrum, the base of the spine, not under the small of the back, it should feel nice and stable.
2. Pull both knees toward your chest with both hands. Let go of one knee, straighten the leg and let drop towards the floor. You will feel a stretching/pulling in the front, top of the thigh/groin area.



3. Hold the stretch for 1-3 minutes. Repeat on other side. Stretch both sides 2-3 times.