

6. Tailor Sitting

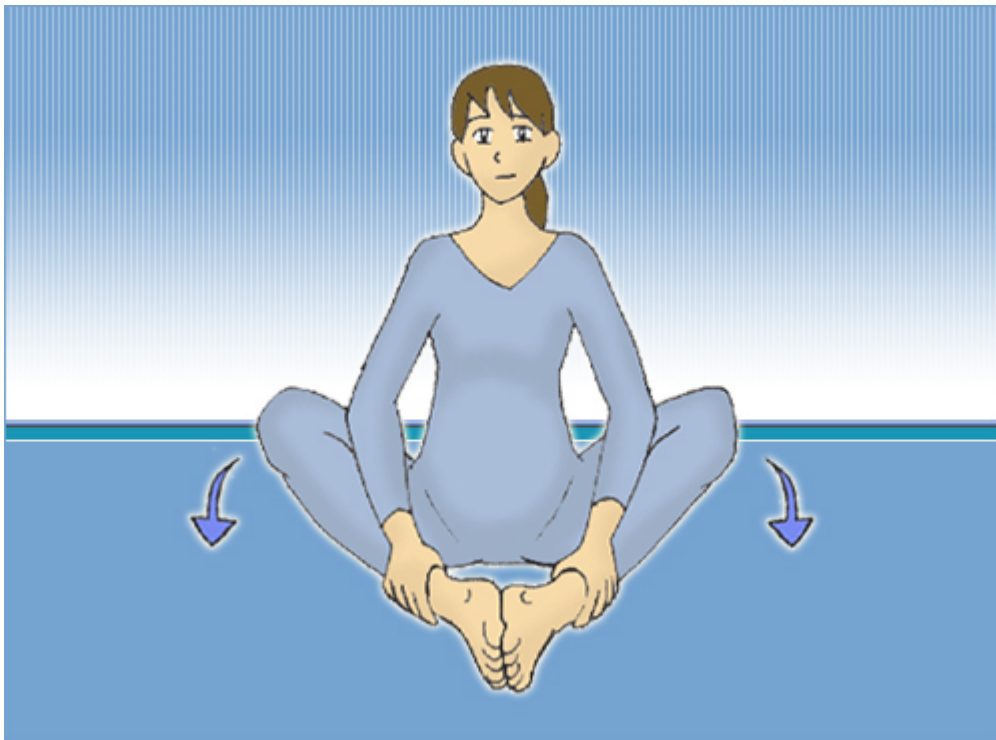
MODULE 6

This exercise stretches the muscles situated on the inside of your legs.

CAUTION: When you are in this position, never use your hands or elbows to press your knees towards the floor. This could cause over-stretching and tearing in your pubic area.

This is how you can adopt the tailor sitting position.

Tailor Sitting



- Keep your hands relaxed.
- Slowly lower both knees towards the floor - go as far as is comfortable. Stop if you feel any pain.
- Hold while you count to 5 or 10.
- Relax, bringing your knees back up to where you started.