

# Glutes

## Ankle to Knee:

- Sitting upright, take right shin parallel to the front of the mat and stack left shin directly on top of and in line with it, keeping feet flexed to protect knees. (If knees and ankles don't touch, place a blanket or thick towel in between them).
- Lean forward- you can reach arms forward to deepen the stretch. Breathe here for 5 deep breaths.
- Switch legs and repeat with left shin on the bottom.

