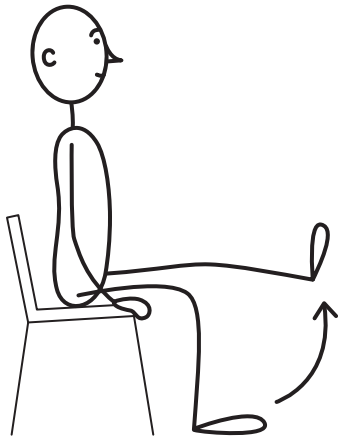
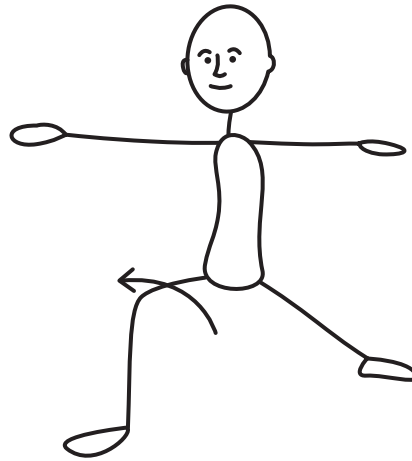


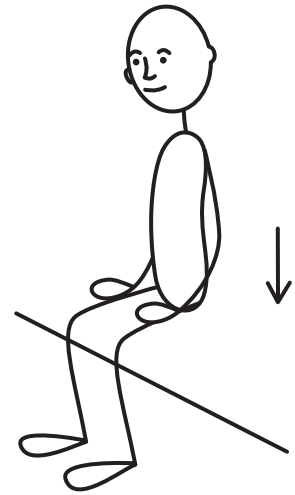
5 YOGA POSES for KNEE HEALTH



A.



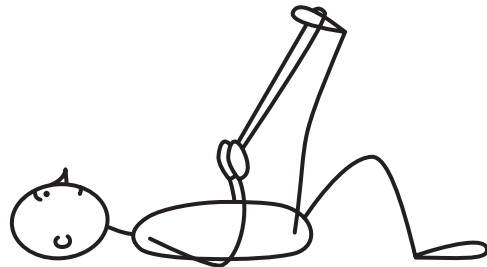
B.



C.



D.



E.

A. Primary Muscles: Quads

Method: Sit tall, holding the sides of the chair as needed for balance. Inhale as you extend one leg forward and lift it to hip height, maintaining a tall spine. Hold the leg there without strain, continuing to breathe easefully for 10 seconds and exhale as you lower the leg. Relax. Repeat on the other side for a total of 5X each side.

B. Primary Muscles: Quads (focus on vastus medialis/inner quad), glutes, core.

Method: Step the feet apart with the front foot at 90 degrees and the back foot at 35 degrees. Extend arms out in a 'T' with palms over each foot. Bend the front knee to a right angle, keeping the knee tracking over the 2nd and 3rd toes. Avoid bending the front knee beyond the toes. If that happens, widen the stance between the feet. Spiral front inner thigh out to ensure the knee isn't drifting towards the big toe. Breathe steadily throughout, without strain and hold the posture for 30 seconds and repeat 3X on each side.

C. Primary Muscles: Glutes, calves, quads.

Method: Stand with the back against the wall. Slowly walk feet between 1' and 2' away from wall, hips width apart. Inhale and as you exhale, bend the knees and slide the hips down the wall until the hips are slightly higher than knees. Keep breathing as you maintain knees aligned over heels and keep a neutral, lumbar curve. Hold for 30 seconds to 1 minute and inhale to stand. Repeat for a total of 3X.

D. Primary Muscles: Hamstrings and glutes.

Method: Lie on the abdomen and rest the forehead on backs of the arms. Engage the muscles of one leg, and inhale as you extend and lift the leg off the floor without strain. Avoid rocking the pelvis to one side. Length is more important than height. Continue to breathe easefully, hold for 5-10 seconds and exhale as you release the leg down. Relax. Repeat on the other side for a total of 5X each side.

E. Primary Muscles: Hamstrings (for lengthening and releasing)

Method: Lie on the back with both legs bent and heels near the buttocks. Lift one knee in towards chest, place a strap or belt around the ball of the foot and inhale as you gently extend the leg. Keeping a slight micro bend in the knee so as not to hyperextend it, exhale as you gently draw the extended leg towards you. Keep breathing as you hold the leg steady for 30 to 60 seconds. Exhale as you slowly release the leg to the floor. Repeat on the other side for a total of 3X each side.

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Always seek the advice of your qualified health provider regarding any medical condition and before beginning any exercise program.