

## LEARN YOUR POSE

# Ankles Over Knees Stretch



ANKLE OVER KNEE POSE@paleohacks.com

This pose helps to rotate your hip and stretch the piriformis. Sustained practice of this pose lengthens your piriformis and increases overall flexibility and strength.

## HOW TO DO

- Lie down on the floor.
  - Bend your right leg at the knee.
  - Place the right foot on the thigh of your left leg.
  - Pull the thigh of the left leg towards your torso so that it is raised off the ground.
  - Hold the stretch for five seconds and then release. Repeat this stretch three times on both legs.
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