



BUTTERFLY STRETCH ADVANCED

- Place: Indoor or Outdoor
- Equipment: Comfortable clothes
- Optional: Towel or Yoga Mat

Directions

- Before beginning make sure have room to stretch out.
- Sitting on the ground (mat optional), bend your knees and bring the soles of your feet together.
- Grip the outside of your feet as you press your knees down toward the ground.
- To complete the butterfly stretch, lean forward with your upper body.
- Try to keep your back straight as you attempt to lay your chest on your legs.
- Remember to continue to push your knees toward the floor as you hold the stretch for five breaths.
- Then relax as you straighten your back to a sitting position.



When TRYing stretches, the most important thing to remember is to pay attention to and respect your body. Stretching should never feel painful. If a stretch feels painful, that's a sign that you have taken it too far, and need to back off. When done correctly, stretches can be a fantastic way to release stress year-round. Which stretches will you TRY next?

Always get your parents' help or permission before attempting this move.
(You never know, they may want to join you!)

