



1. In a seated position, place the soles of your feet together and hold them with your hands. The legs are now forming the 'butterfly wings'.
2. Place your elbows gently between your legs or rest them on your knees.
3. Gently press the knees down to increase the stretch.

Where did you feel it in your body when we pushed down on our knees?

4. Now repeat the butterfly wings stretch but this time focus on one of the body parts you identified in step 3.

Where did you feel it in your body this time with the butterfly wings stretch? Did you feel it in the same place as last time or somewhere new?

Follow-on activity:

To add a spine stretch, bend forward from the upper back and reach forward towards your feet.