**Butterfly Stretch**

**Equipment**: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Instructions:**

1. Starting Position:

* Sit on the floor or a mat with your back straight.
* Bring the soles of your feet together, allowing your knees to drop outward.

1. Hand Placement:

* Hold your feet with interlaced fingers, or place your hands on your ankles or shins for support.

1. Engage Your Posture:

* Lengthen your spine and open your chest.
* Relax your shoulders, drawing them down and back.

1. Deepen the Stretch:

* Gently press your knees toward the floor using your elbows for a deeper stretch.
* If comfortable, lean forward slightly while keeping your back straight.

1. Hold the Stretch:

* Maintain the position for 20–30 seconds, or up to 2 minutes for a deeper stretch.
* Breathe deeply and relax into the pose.

1. Release & Repeat:

* Slowly bring your knees back together and shake out your legs if needed.
* Repeat as necessary.

**Tips:**

* Keep your back straight; avoid rounding your spine.
* Move gently without forcing your knees down.
* Breathe deeply to relax and enhance flexibility.