

Age Less Move More

Release Your Psoas Movement Sheet

Standing Psoas Release



From standing with your feet inner hip-width apart, press into the outer edges of your heels, lift and spread your toes and set them gently back into the earth. Drop your tail down, take your ribs in and down and roll your inner arms out squeezing your scapula together.

When ready step your right leg back until your heel becomes light. Bend your left knee. Exhale, drop your tail, inhale, lift your arms keeping your elbows bent. Exhale, drop your tail, inhale open your heart bringing your elbows back and down. Keep going for several breaths.

Next, take your right hand to the outer edge of your left knee and place your left hand on your sacrum, turn and look over your left shoulder as you drop your tail on each exhalation.

When done come back to standing and take the other side.

Feel the lightness and freedom as your human self connects to your spirit!

stand on your right foot and slowly bring your left heel to the inside of your right ankle. if necessary stand near a wall to help you balance. If you can bring your left foot up as far as you can toward your inner right leg grab your ankle if you can and place your left heel to the inside of your right inner leg. Push your heel into your inner leg and your inner leg back into your heel. Hold and if possible take your hands into prayer position and slowly take your hands and arms overhead. Hold and breathe.

Take your arms down and your left foot back to the floor and from standing switch sides.

Stand on your left foot and slowly bring your right heel to the inside of your left ankle. if necessary stand near a wall to help you balance. If you can bring your right foot up as far as you can toward your inner left leg grab your ankle if you can and place your right heel to the inside of your left inner leg. Push your heel into your inner leg and your inner leg back into your heel. Hold and if possible take your hands into prayer position and slowly take your hands and arms overhead. Hold and breathe.

Balance is the key to thriving on the wild edges of your life.