

- **Modifications**
  - i. Strap around feet
  - ii. Sit on blankets
  - iii. Knees bent

### III. Half Pigeon

- **Dialog-** Bring the right knee forward. Place the right foot below the left hip. Back knee, top of the foot on the floor. Reach forward and fold.
- **Modifications**
  - i. On back, right ankle over left thigh
  - ii. Towel behind right knee

### IV. Frog

- **Dialog-** Lie on your belly. Bend knees to right angles. Line the knees up with the ankles. Flex the ankles. Relax into it.
- **Modifications**
  - i. Wall
  - ii. Bolster
  - iii. Block