



# Ragdoll

- Keep legs active and strong; upper body is relaxed and free
- Engage front thighs and lift back thighs upward
- Let head dangle, creating length through neck
- Bring hips over heels
- Keep slight bend in knees to protect them and your lower back
- Press thighs back and sitting bones outward

## MODIFIED I

- Bend knees to find more ease in the pose

## MODIFIED II

- Bend knees and place hands on knees or shins

## MODIFIED III

- Sit in a chair, feet hip-width apart and firmly planted on the ground
- Let head and folded arms dangle



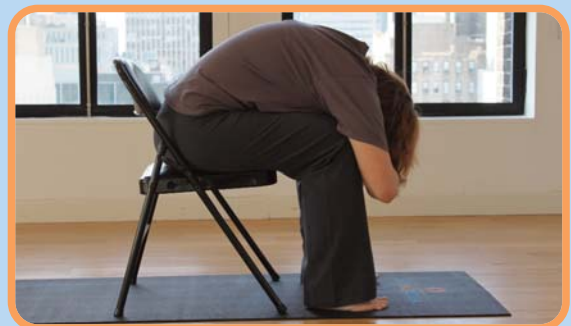
RAGDOLL



MODIFIED I



MODIFIED II



MODIFIED III