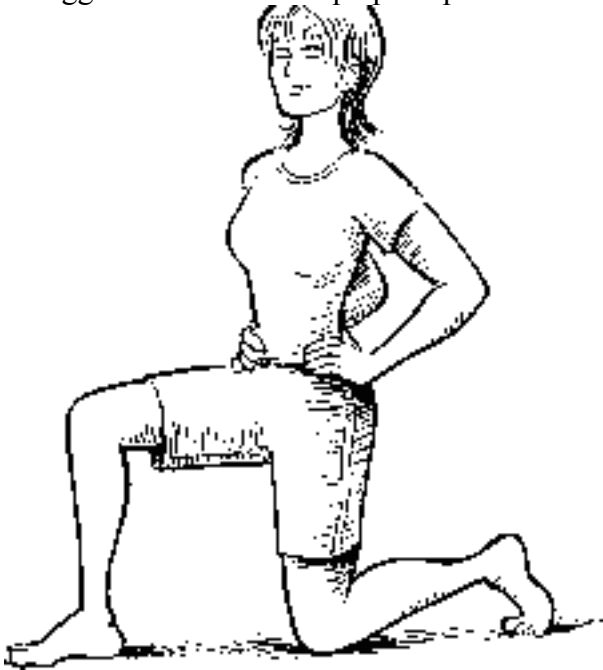


One of the challenges for any dancer, can be trying to get “up on our legs”, but current lifestyles that involve a lot of sitting can contribute to this challenge. When sitting the muscles at the front of the hip are short and are used to being short, so when transitioning to ballet class, it can be challenging for the body shift positions.

A suggested stretch to help open up the front of the hip is an easy hip flexor stretch.



just come to a half kneeling position like in the picture. Often times a person will perform this stretch, but the lower back is arched, which undermines the purpose of the stretch. So, make sure to tuck the tail bone under. Also, hold on to something, so you can relax into the stretch, and are not trying to stay on balance. Breath into the stretch for 1 minute on both sides.

another suggestion would be a quad stretch.



The same technique applies to this stretch, but now you are stretch the muscle that runs across both your hip and your knee.