

## The Eagle Has Landed

Back up until you feel the surface behind both legs.

Hold your inner core/pelvic floor muscles tight (as if holding back urine).

Keep your feet shoulder-width apart and toes pointed forward.



Pull your knees apart.

Keep your weight on your legs and keep your nose over your toes as you lower. Touch the chair with your hands to guide the buttocks but avoid putting any weight on your hands.

**Lower your body slowly. Fight the fall! Strive for a “lunar landing” – a nice, soft touchdown.**

***PROGRESSION: Start with 4 of these a day; each week add 4 per day. Goal: 10 times in a row, 3 times a day.***