**Practice 3 - SI Joint - Stability vs. Mobility - Standing on Your own two feet**

* Virasana on blocks
* Parvatasana
* Dandasana
* Cat/cow
* Alternate hands and legs focus on grounding before lifting the arm and leg, root to lift
* Plank on forearms
* Malasana with block
* Tadasana with block
* Utkatasana with block (adduction)
* Utkatasana with strap around the ankles – push out (abduction)
* Wall sit with block between the legs
* Ardha uttanasana
* Ardha parsvottonasana
* Trikonasana and parsvakonasana with feet apart - diagonal
* Downward dog, focus on internal rotation of thighs
* Warrior 3 variations – hands against the wall, hands on blocks and foot on the wall
* Prasarita Padottonasana
* Sidelying gluteus medius strengthening - Jane Fonda with foot slightly internally rotated
* Pilates inspired exercise for gluteus medius
* Cross legs to stretch outer hips
* Side plank - vasisthasana
* Setu bandha with feet on block and strap around ankles
* Legs up wall with strap around thighs