

## Sitting against a wall

Sitting against a wall is especially strenuous on the thigh muscles. When exercising, your attention inevitably shifts to muscular sensations and away from anxiety.

Lean properly against the wall. Your entire back, butt and the back of your head should be flat against the wall. Open your legs and bring your feet forward, about half a metre from the wall. Lower your body, still leaning on the wall.

Keep lowering your body until your knees and hips are at a 90-degree angle. If you have problems with your knees, you can remain a little higher, i.e. exercise at a gentler angle and lift your heels up. This eliminates pressure to your knees.

Remember to breathe. Stay in a seated position for as long as you can. When you feel like you can't take it anymore, push yourself back up.

### YouTube video of the exercise

<https://youtu.be/Q5132Otyjic>



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