

# Correct position for opening your bowels

## Step one



Knees higher than hips

## Step two



Lean forwards and put elbows on your knees

## Step three



Bulge out your abdomen  
Straighten your spine

## Correct position



Knees higher than hips  
Lean forwards and put elbows on your knees  
Bulge out your abdomen  
Straighten your spine