

HIP PRACTICE



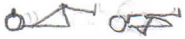
1. Constructive Rest. 2 to 3 min



2. Reclined Pelvic Tilts. 4-8 x each way. Lie on back, hands on belly; use IN to tilt pelvis forward, away from head and EX to tilt pelvis back towards the head. Imagine a bowl of water, as it tilts forward water spills towards feet and as it tilts back, water spills towards head.



3. Leg Rolls. 4 x each way. Lay on back, legs extended, arms at side. Roll legs away from each other (feet/knees turn away from each other); roll legs toward each other (feet/knees turn toward each other).



4. Apanasana (knees to chest). 8x to chest and away from chest.



5. Reclined Leg Stretch (A,B, &C). 4 breaths each position; place strap over balls of foot. Reach up, out to right side and over to the left side.



6. Cat-Cow (on floor). 8-10 times



7. Balancing Table Pose. 2 x each side, hold for 2-6 breaths. Come to all fours, into Table Pose, hands underneath shoulders, knees underneath hips. Reach right arm forward and up and extend and lift left leg up.



8. Stand, circle and flex/extend wrists. Several times each direction

9. Lateral Stretch. 2x ea. side, hold on side for 2 breaths.

10. Hip Circles. Several times in each direction.

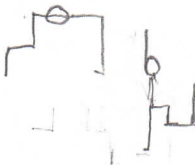


11. Standing Pelvic Tilts. 4-8 x each way.

12. Seated Side Angle Pose. 2 x each side; hold for 2-6 breaths. Sit on edge of seat, legs apart, knees and feet pointing in the same direction. Place right forearm on right thigh and reach left arm overhead alongside the ear. Keep length in both sides of torso; root down in left sit bone.



13. Warrior 2. Step feet wide, turn feet to the right; reach arms up and out at shoulder height and in line with the body. Turn the head to look out over the right hand.



14. Forward Bend or 1/2 Down Dog. 1 or 2 x hold for several breaths.

15. Tree Pose, Foot on seat of chair. 1 or 2 x hold for several breaths.

16. Seated Twist. 1 or 2 x to each side; hold for 2-4 breaths. Sit with right side of body to back of chair (you're sitting sideways on the chair). Hold onto sides of chair, near top. IN, extend from waist up thru crown of head; EX twist from waist to bring torso towards back of chair. Keep hips stable.



17. Reclining Cobbler Pose. Hold for 6-8 breaths or draw knees in towards each other slowly. Lay on back with the soles of your feet on the edge of your chair; bring the soles of your feet together so the edges of the feet rest on the edge of the chair and the legs open to the sides (knees pointing in opposite directions). Hold or draw knees in towards each other slowly to a count of 30 (less if 30 is too challenging).

18. Apanasana (Knees to Chest). 8x



19. Savasana. 3-5 mins. Lay over folded blanket lengthwise under spine (hips are not resting on blanket).