
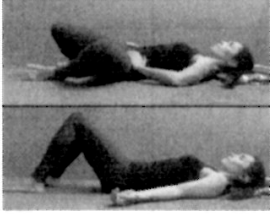


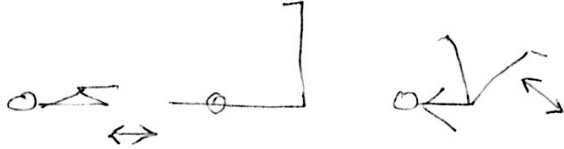




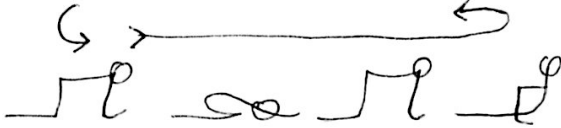

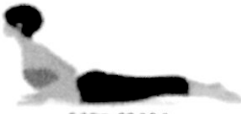




Let's Practice


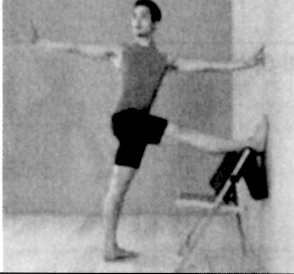





Focus on Pelvis, Hips and Low Back

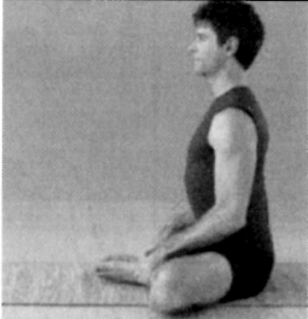




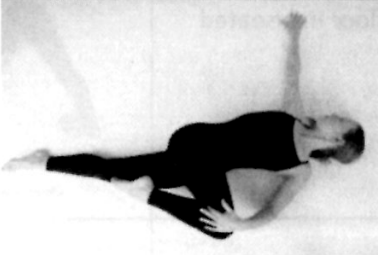
Our goal is to decompress and find space for greater mobility, strength, support, comfort & ease.



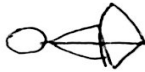
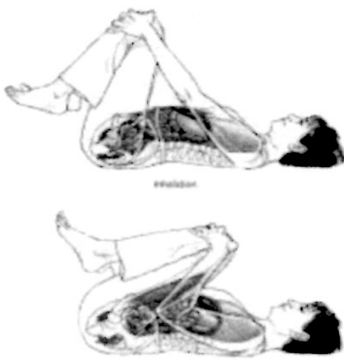
Consider the varying strength requirements between Lying, Kneeling, Sitting and Stranding Poses. The lower you are in relation to gravity, generally the lower strength requirement. Adjust your poses to accommodate the current state of your hips and back.

<p>Apanasana and Circles with hands on knees Knees bent, feet on floor – feel hip weight side to side = assessment</p>	
<p>Linda Lack Releases and reaching</p>	
<p>One leg lengthened (or bent with foot on floor) and the other bent into body progressing to straightened leg, using strap if/as needed</p> <p>MODIFY WITH LOWER LEG BENT AND FOOT ON THE FLOOR</p>	
<p>Bridge – lengthening Setubandha Sarvangasana</p>	
<p>Balance with pressing feet to the ceiling and sweeping arms to floor overhead Then opening and closing legs, holding in V shape and circling ankles and pointing and flexing</p>	
<p>Rock and Roll several time and then come to Table</p>	

<p>Cat Cow</p> <p>Side Stretches – looking over each shoulder</p>	 <p>Cat-Cow</p>
<p>Chakravakasana dynamically</p>	
<p>Table to Cobra dynamically</p>	 <p>SLOWLY</p>
<p>Cobra Bhajangasana</p> <p>Forearms can rest on the floor; arms can straighten if flexibility allows; chin can lift</p>	 <p>BABY COBRA</p>
<p>Child's pose wide legged with block for support under hips if needed</p>	
<p>Downward Dog "walking" feet/legs</p>	 <p>Downward Dog</p>
<p>Tadasana</p>	 <p>Mountain Pose</p>
<p>Forward Bend at Wall with legs a little wider than hips</p>	

Down Dog to the Wall	
Hamstring Stretch with raised foot in chair seat with blocks optional – Feet are parallel OPTION One - Arms Raised Overhead looking forward OPTION Two – Twist looking behind Balanced in Hip Joints	
Side Angle Pose with raised foot in chair seat with blocks optional – lower foot slightly angled towards chair seat/heal angled away from chair	
Standing Twist at Wall and with raised foot or leg in chair seat with blocks optional Balanced in Hip Joints	
Down Dog to the Wall	
Downward Dog And then transition to the floor in a seated position	 Downward Dog
Wide Legged Seated Pose	

<p>Baddhakonasana Seated Bound Angle</p>	
<p>Ardha Matsyendrasana or Half Lord of the Fish or variation</p>	 <p>Seated Twist (right)</p>
<p>Baby Cradle pose</p>	
<p>Forward Bend, seated and then roll onto your back</p>	
<p>Simple twists knees bent legs paralel and then allowing knees/thighs to separate</p>	
<p>Crocodile (?) Jathara Parivatanasana</p>	

<p>One leg lengthened (or bent with foot on floor) and the other bent into body progressing to straightened leg, using strap if/as needed – may also swing that leg out progressing to foot on floor lifting toward chest</p>	
<p>Happy Baby</p>	
<p>Ankles Crossed</p>	
<p>Apanasana and Circles with hands on knees Knees bent, feet on floor – feel hip weigh side to side = assessment</p>	
<p>Sivasana</p>	