


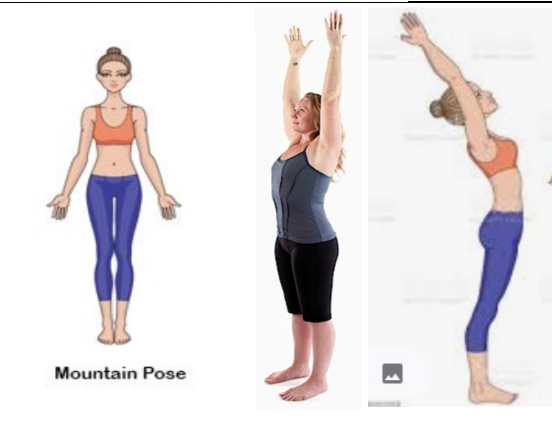


Let's Practice Opening the Hip Folds and Beyond

Phase	Instruction/Pose	Image
Standing	<p>Wide Legged Forward Bend</p> <p>Align & Balance Hips to Feet</p> <p>Release Torso through Head into gravity</p>	
Standing	<p>Warrior II</p> <p>First dynamically in and out of the pose and then hold</p>	
Standing	<p>Warrior I</p>	
Standing	<p>Tadasana Mountain Pose</p> <p>Then raising arms into backward bend</p>	 <p style="text-align: center;">Mountain Pose</p>

Transition to the Floor

Adho Mukha Shvanasana
Downward Dog
Or
Downward Dog/ Forward Bend hybrid to chair



Downward Dog



Reclining or on your back

Setu Bandha Sarvāṅgāsana
Bridge Pose



Supta Baddha Konasana
Supported Bound Angle

Place a bolster beneath your torso with hips on the floor and as needed use pillows under your thighs and knees to modify the amount of hip opening



Support Bridge Pose
With block(s) under sacrum







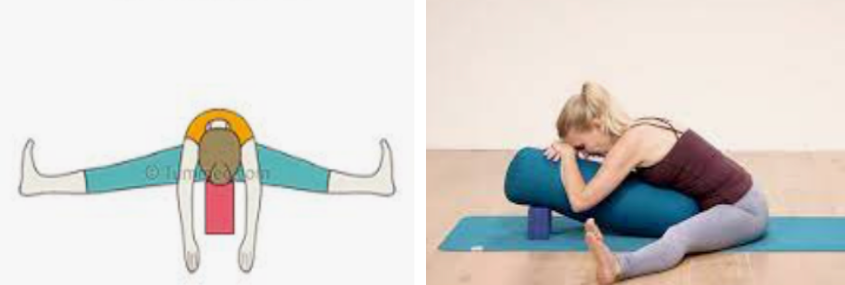

Supta Virasana
Reclining Hero Pose
Variations

Or

Hero Pose seated on a
block or bolster



	<p>Salamba Sarvangasana Shoulder Stand Or Shoulder Stand at the wall or to a chair seat</p>	
<p>Seated</p>	<p>Paschimotanasana Forward Bend</p>	
	<p>Ardha Matsyendrasana Seated Twist variation</p>	
	<p>Ardha Paschimottanasna Asymmetrical FB</p>	

	<p>Navasana/ Boat Pose Or Padangusthasana/Big Toe Pose Or other variation</p>	
	<p>Ardha Matsyendrasana Seated Twist Variation</p> <p>Seated Twist with one leg tucked in and the order foot comes across the knee that is on the floor</p>	
	<p>Upavistha Konasana Wide Legged Forward Bend Over a bolster</p>	
<p>Reclining</p>	<p>Sivasana Rest using a strap around shins and with blanket and bolster placed over the hip folds</p>	
<p>Seated</p>	<p>Sukhasana Simple Seated Pose/Easy Pose</p>	