









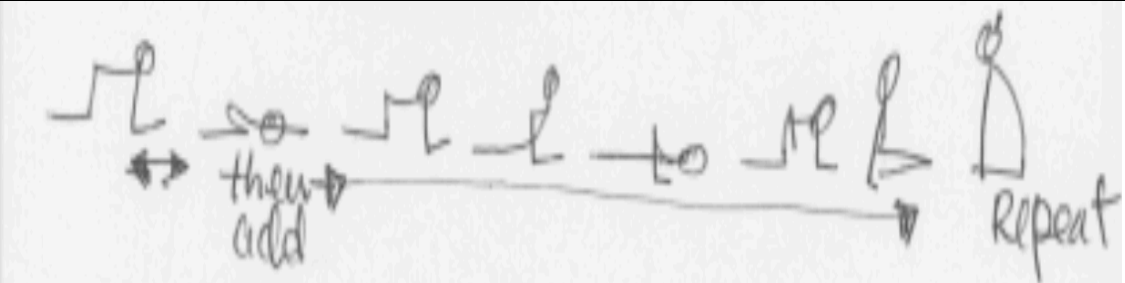
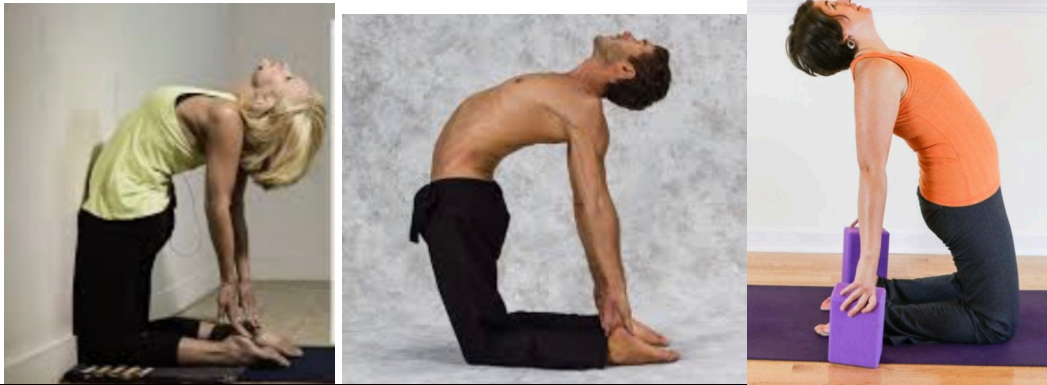





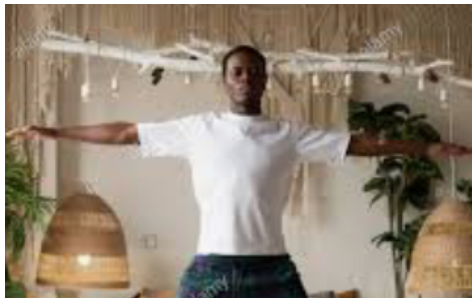




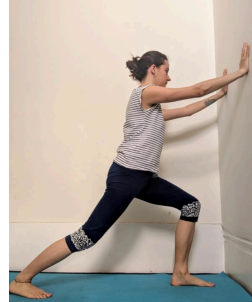

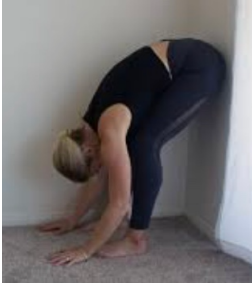


**Let's Practice**  
**Length and Strength of Thighs**  
**w/ some throat and heart opening**



	<p>Corpse Sivasana</p> <p>Breath circulating In and Out Mental focus dropping into our body Wholeness of the body Energetic vibration and flow</p>		
	<p>Leg Extensions Reclining Dandasana <b>With or without strap</b> Open up the back of your leg Reach through the thigh and adductors to inner knee</p>		
	<p>Simple Twist/ Twist to 45% Massage sacrum and hips Open and wring out waistline and throat</p>		
	<p>Hip Release Arm Extension and reach as you stay Reach and lengthen down to knee <b>NOTE:</b> these photos don't show the arm reach. It is the "back" arm that reaches on the diagonal as the "front" thigh reaches and lengthens from the pelvic to the knee.</p>	 	

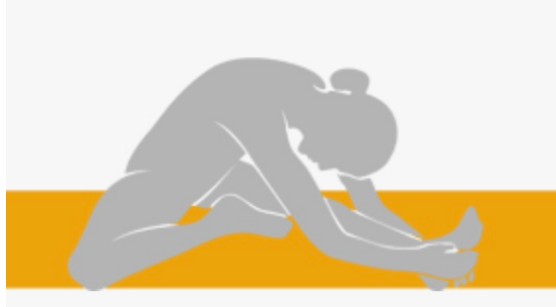

Reclining/Floor	Rest briefly, on your back with knees bent feet on floor		
	Lifting and Opening Legs on the inhale Closing and bending heels to hips on the Exhale <b>NOTE:</b> This photo shows an alternate hip opening		
	Bridge Setu Bandha Sarvangasana  Dynamically a few times inhaling lifting and exhale lowering Then Hold and reach knees/along your thighs away from shoulders. Also Strengthen and lengthen adductors		
	Table Pose to Cat-Cow to	  Cat-Cow	
	Continue with a <b>Vinyasa/Flowing Movement with your breath</b> Chakravakasana (up & sitting back a few times) Then add pelvic release forward, exhaling into Cobra/on Belly Inhale from Cobra back to Table; Exhale sit back into Hero/Virasana & inhale into Camel/Camel Prep. REPEAT		


	<p>Then Hold Camel Pose</p> <p><b>Use Blocks under hands as needed</b></p> <p><b>Use a blanket under your knees as needed</b></p> <p>Do NOT "Hang" your head back</p> <p>Lift your heart</p> <p>Reach your thighs and strengthen adductors</p>	
	<p>Rest in a supported Hero/Virasana</p>	
<p>Transition to Standing</p>	<p>Downward Facing Dog</p> <p>Adho Mukha Svanasana</p>	 <p>Downward Dog</p>
	<p>Forward Bend</p> <p>Uttanasana</p> <p>Extended and then releasing head</p>	

Standing	<p>Mountain Pose Tadasana</p> <ul style="list-style-type: none"> <li>Arms by your side</li> <li>Arms Up</li> <li>Arms out</li> </ul>	  
	Head and Neck	  
	Downward Dog to Wall	
	<p>Warrior I to the Wall</p> <p><b>NOTE: You can place a block between your front leg and the wall for stability. Place the block below your knee on your chin.</b></p> <p>REPEAT Both Sides</p>	  <p>Warrior I</p>
	<p>Forward Bend at the Wall</p> <p>Release the crown of your head and throat and shoulders to gravity. Lengthen adductors; settle and balance your pelvis against the wall.</p> <p><b>NOTE: This photo lacks the desired lengthening of the legs and balancing between the hips</b></p>	



	Balancing Pose to open the Front Thigh and Reach through Adductors, <b>with Wall assist as needed</b>	
	Wide-Legged Forward Bend away from the Wall	
Transition to Floor	Downward Dog with Blocks Then lift one leg up and away/behind and then sweep it forward into a HIGH lunge (Back Knee stays off the floor) Then lower knee into LOW Lunge. Balance in hips and lengthen and strengthen thigh of back leg. Raise arms and move into a gentle backward bend with heart lifted and throat open.	    

Seated/Floor	Stick Pose Dandasana		
	Seated Forward Bend Ardha Paschimottanasana	 	
	Dynamic Hip Lifts and Twist on Inhale Lower on Exhale Then hold in raised position. Strengthen and lengthen thighs and stabilize your base in the floor – legs and lower hand. Reach raised arm up to open side body.	 	
	Alternate or additional Virasana or Simple Pose Twists	  	

Resting and Releasing	Supta Virasana with supporting blankets and bolster Both or one leg positions		
			
			
	Corpse/Resting pose Sivasana		

