

## Routine for Loosening Hips

## Level 3-5

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### Breathing Theme

Focus on doing many repetitions with short holds, rather than on holding the poses for long periods.

**1<sup>st</sup> Phase:** Move with the breath. Start any movement when you start breathing. Pause in the movement when you pause in your breath. Do this for a few repetitions.

**2<sup>nd</sup> Phase:** Still moving with the breath, make sure your breaths out are longer and slower than the breaths in. Do this for several breaths.

**3<sup>rd</sup> Phase:** Explore the edge. Still moving with the breath, see how much stretching you can get while you breathe in (or out) more and more, until you are completely full or completely empty of air. Do this for several breaths.

### Meditation

Focus on breathing out. Give yourself a long slow time to breathe out. Then, as your mind settles, see that your breaths out are longer and slower than the breaths in.

### Side to sides



### Leg Over



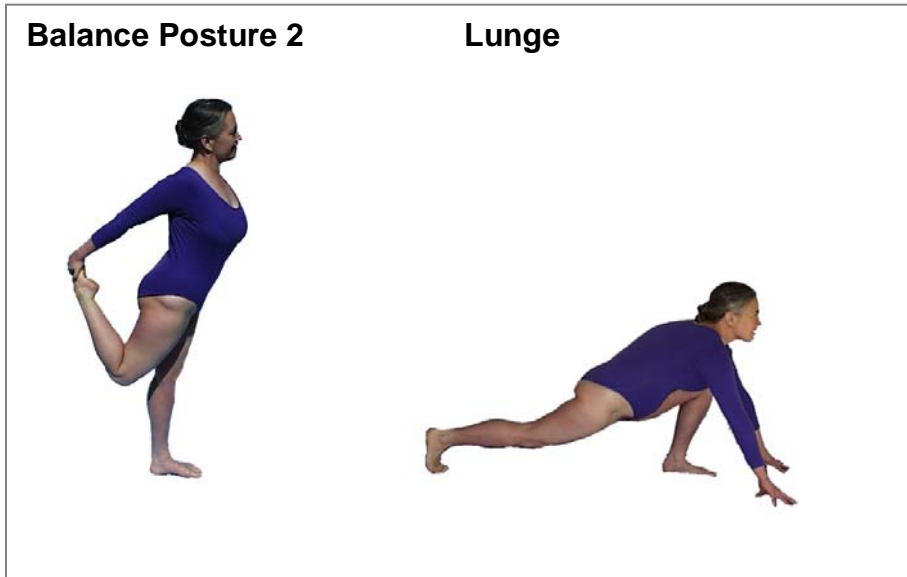
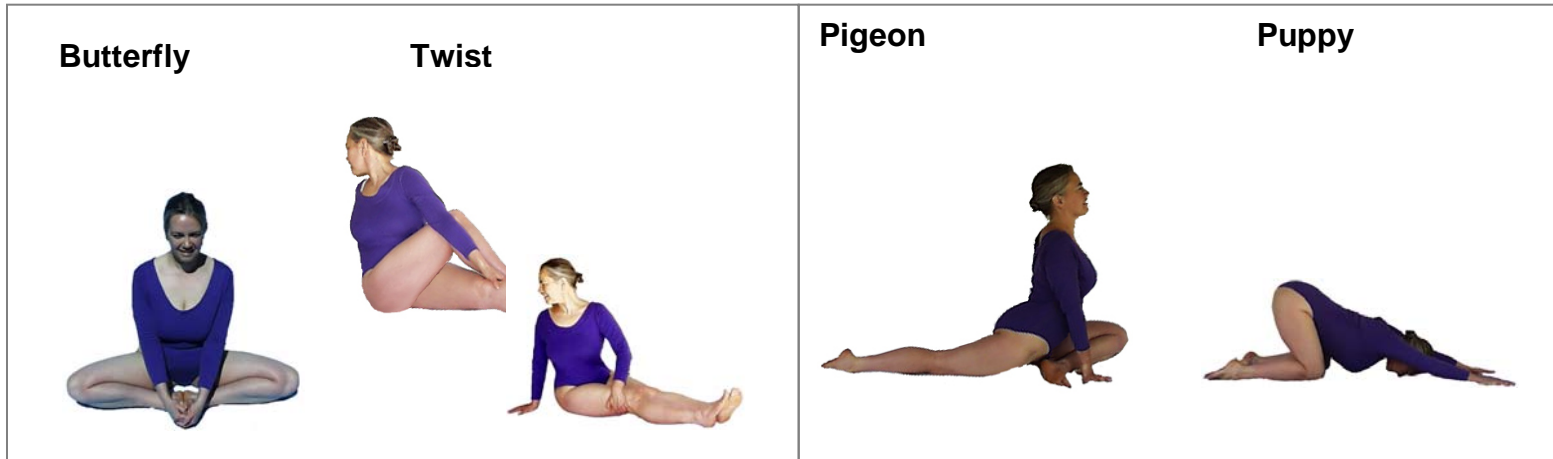
### Spider 1



Boxed pairs of postures indicate nice mini routines that you can do in about 5 minutes.

**Fairly Easy Routine for Loosening Hips**

**Level 3-5 (continued)**



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