

Routine for Loosening Hips

Level 3-5

Breathing Theme

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

1st 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.

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

3rd 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



Butterfly



Twist



Pigeon



Puppy



Balance Posture 2



Lunge or Warrior

