

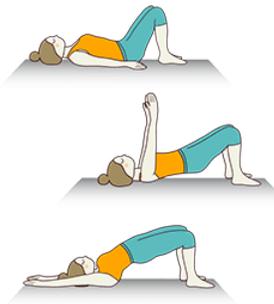
# 9/29/25 Hips and legs



Exhale, press the spine into the floor, inhale, arch the spine away from the floor, 6x



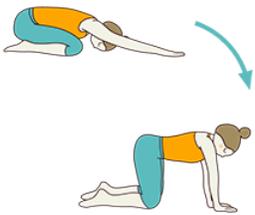
Place feet wider than hip width apart. Alternate sides, bringing one knee down across the midline.



Inhale, lift the hips and the arms, reaching the arms all the way behind you, exhale lower the hips and the arms. 6x



Repeat 6x with legs going straight up, then with legs going to half way down (45 degrees). Focus on the core.



Exhale, move hips back towards the heels, inhale return into table pose. 6x



Inhale, reach arm up, exhale, slide it under. Repeat 3x on one side, then switch sides.



Move hips forward and back, coordinating with breath.





Tuck the toes under and straighten the back leg. Keep weight even in both legs and out of the hands.



With the leg out to the side, do arches and tucks with the hips.



Keep feet grounded, descend the hips, keeping spine upright. Hold for 6 br.



Step legs wide apart, turning the feet to the right, bend the knee over the heel, chest facing the long side of the mat. Stretch the arms out to the sides. Hold for 2-3 breaths, then reverse as in the following picture and hold for 2-3 breaths. Repeat on the other side.



Variation of the Warrior pose, reversing the arms



From previous pose, reverse in to side angle. Repeat sequence on the other side



Extend out through the four limbs and the crown of the head



Start in bent knee triangle and transition to straight leg (next image) Both sides



Step legs wide apart. Turn feet to one side, reach arm out to the sides and hinge at the hip reaching over the right leg. Keep both sides of the torso long, chest facing forward. Roll the top shoulder back, arm in line with shoulder.



Step legs wide apart, fold from the hips. Hold for 3-4 breaths, then take a few small steps in and stand up.



Keep the block from previous image, twist and ground the back leg.



Leg variations: 1. straight legs 2. legs wide apart 3. soles of the feet together, knees apart, 4. cross right heel over the left knee, bend the left knee



Stretch through the legs and through the spine. Hold for 2-4 breaths



Press the feet and the shoulders into the floor, inhale, roll the spine up, exhale, roll down. Bring movement into the upper back. 6x



Start with knees bent, feet on the floor. Slide hips to the right, draw knees into the chest and move knees to the left. Use support for the top leg as needed. Turn chest away from the knees to bring twist into the upper back. Rest 2-4 min on each side.



Bring knees into the chest, relax the back gently rocking side to side.



Rest in a comfortable position, eyes closed. Progressively relax the whole body from the feet up.  
1-2 min