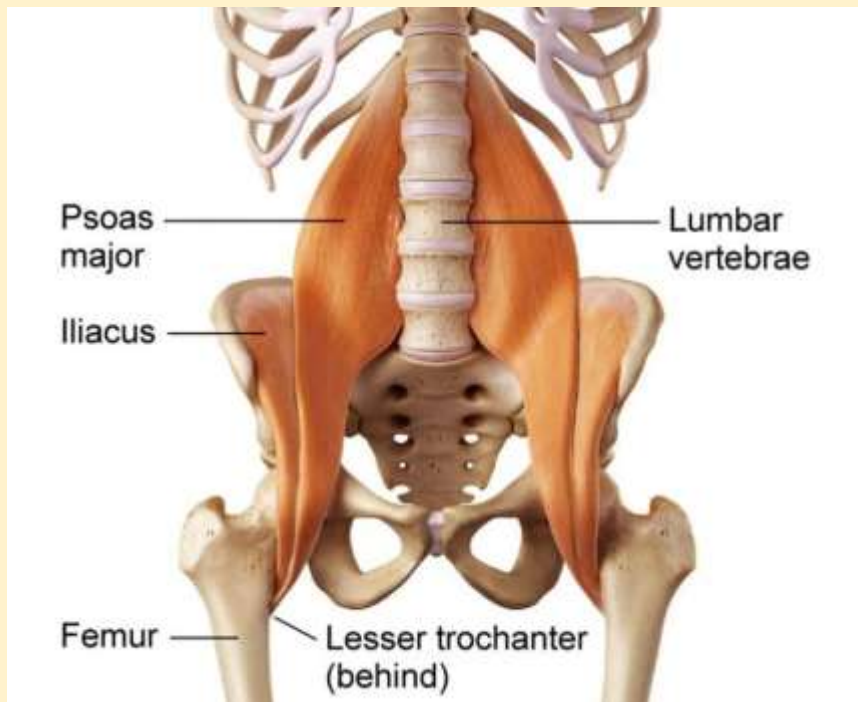


NAMASTE HATHA YOGA

10 Hip Opening Poses



LOOSEN UP THOSE TIGHT HIPS
WITH THESE POSES



What can Cause Tight Hips

The hips are one of the most important and complex areas of the body. It's said that we store a lot of emotions in our hips and that is something a lot of yoga students find.

As the connection point between your lower limbs and your torso, the hip complex is critical for maintaining balance, mobility, and stability for your entire body. When the psoas (the long muscle that runs from the lumbar spine through the pelvis to the femur) is chronically tight, your lower back starts to feel tight, too. This tension makes the psoas shorten, and a slight swayback begins to form, making everyday actions, such as walking, sitting, standing, or practicing yoga feel more difficult. Your hamstrings may then have to overcompensate, and knee pain could begin to arise.

Our svadhishthana (root) chakra, located within the pelvis, is the energy centre associated with creativity, pleasure, a sensuality, and freedom of expression. This area is deeply enmeshed in our connectivity to ourselves and others, and is where we often hold onto unexpressed emotions.

Whether your hips feel tight from sitting too much at your desk, your running or exercise routine or even your genetics, it's important to loosen them up and keep them moving. The following yoga poses open, and lubricate the hips, this can ward off discomfort, whilst improving your posture and increasing your range of motion—and even unlock whatever negative emotional you might be holding onto.



An asana to help with hip flexibility



Three-Legged Downward-Facing Dog

Begin in Downward-Facing Dog Pose with the tops of your thighs back, heels pressing toward the floor, back flat, and your palms out in front of you, shoulder-width apart. Firm your outer arms and press actively through your index fingers. On an inhalation, begin to raise one leg up toward the ceiling as your other heel stays planted. Ensure your lifted leg is in line with your back, forming a straight line from the top of your shoulder to your heel. Hold this posture for 10 seconds before moving into a high crescent lunge





High Lunge

From Three-Legged Downward-Facing Dog, on an exhalation, sweep your lifted leg through your centreline and plant your foot in between your hands. Bend your front knee to 90 degrees and make sure that the toes are visible, so that your knee is stacked over your heel. Lengthen and engage your back leg. Release tension in the neck by positioning it straight, as an extension of the spine. Hold this posture for 10 seconds.





Kneeling Crescent Lunge

From High Lunge, bring your back knee down to the floor and sweep your arms overhead. Draw in your lower belly to protect and lengthen your spine. Sink down into your back hip while simultaneously engaging your core. If you have a blanket nearby, you could place it under your back knee for added comfort. Hold for 10 seconds.

Lizard Pose

From Low Lunge, inch your front foot out to the side, coming into a wide lunge with your hands placed on the floor inside of the knee. Take your back knee off the floor, if available, and either stay up on the hands or bring the forearms down to the ground for a deeper stretch. Remain in the pose for 10 seconds, continuously aiming your back inner thigh up toward the ceiling, and your chest forward through your arms.





Twisted Monkey

From Lizard Pose, bring your back knee to the floor and bend the knee, so your toes reach up. Extend your opposite arm back and take hold of your outer foot. Begin to twist your spine so your chest opens toward the sky. This pose can be done on the hands or forearms depending on your level of flexibility. Hold for 10 seconds.



Downward-Facing Dog Pose

From Twisted Monkey, begin to unwind by releasing your foot and placing your hand back down alongside your front foot. Draw your back knee parallel with your right knee, coming into a Table top position. Ensure that the feet are hip-width apart. From Table top, lengthen your tailbone away from your pelvis as you lift your sitting bones toward the ceiling in Downward-Facing Dog. Press through your index fingers as you rotate your biceps towards your ears. Hold for 10 seconds then move into pigeon pose



Pigeon Pose

From Downward-Facing Dog Pose, lift one leg into Three-Legged Downward-Facing Dog and sweep it through your centreline. Place the outer edge of your right foot down onto the mat just below your left wrist. On an exhalation, begin to drop your back knee and quadricep toward the mat as you lie your front shin down onto the mat, perpendicular to your torso. Start to roll the back hip bone forward, draw the front outer hip back and in toward the midline of your body, and extend the arms forward in front of the body any amount before relaxing down, if that's accessible to you. You want to have your hip bones square toward the front of the mat. Hold for 10 seconds.



One-Legged King Pigeon Pose

From Pigeon, bend your back knee until you can grab the ankle. Keep your back leg rotating inward so that you can feel a stretch in the front of the thigh. If there is space, without strain, reach for the ankle with both hands, engaging the abdominal muscles and resisting the temptation to sink into the lower back. Hold for 10 seconds.



Firelog

Unwind from One-Legged King Pigeon Pose by lowering your lifted leg back down onto the mat, hands back down in front of you, and swivel into a seated position. Sit up tall and align your right knee on top of your left ankle and your left knee on top of your right ankle. Rotate both hips outward. If the top knee is lifted above the bottom ankle, place a pillow or block under the lifted knee for safety and support. If the knees are comfortably resting on the ankles, slowly begin to fold forward. Hold for 10 seconds.



Come back to Downward-Facing Dog, and **repeat** Pigeon, One-Legged King Pigeon, and Cow Face Pose on the other side then come into bound angle pose



Bound Angle Pose

From Cow Face Pose, unwind your ankles and place both feet out in front of you, soles of both feet touching, heels drawing in toward your pubis. Open the feet like a book, and hinge at the hips to fold forward any amount. Stay here for as long as feels comfortable.



Finish the asana with Savasana taking a least three to five minutes for a deep rest

This gentle sequence can be repeated a few times a week to help loosen the hips. Feel free to use a strap or any yoga props to help you get deeper into the poses

A video of the sequence is available from my website www.namastehathayoga.co.uk



About Namaste Hatha Yoga

The word 'yoga comes from the Sanskrit word 'to yoke' or union. Yoga is a union of the mind, body and soul.

Namaste Hatha Yoga is based in Salisbury, Wiltshire and I teach both Hatha Yoga and Vinyasa flows to groups, private yoga lessons and yoga for businesses.

I currently hold weekly classes in Wilton, Burcombe, Stapleford and Harnham.

My classes are suitable for all levels – there is no such thing as being too inflexible to practice yoga. My private yoga classes can be modified or your own level of fitness and ability.

If you would like to book a class or speak to me about any question you have, please contact me at sharon@namastehathayoga.co.uk or visit my website at www.namastehathayoga.co.uk

I hope this E-book has given you some inspiration and helps you with your hip opening routines.

Namaste!

Sharon



Book a Private Yoga Lesson in the comfort of your own home



If you're new to yoga or too busy to come to one of my local classes, why not book some private one to one yoga lessons. The lessons will take place in the comfort of your own home and can be tailored to meet your own individual requirements

To book a private yoga lesson or to book a yoga class, please contact me on:
01722685006

Email: sharon@namastehathayoga.co.uk
www.namastehathayoga.co.uk

Follow me on social media for more hatha and vinyasa yoga sequences, restorative yoga, meditation and tips of how to get the most from your yoga practice

