

Yoga sequence for happy hips!

Often times, people forget to stretch so try this sequence to increase flexibility.



Wide leg child's pose (1min)



Hip rotations
10 forward and 10 backward circles each direction.



Downward dog (3 breaths)

I = Inhale E = Exhale
Hold static poses for at least **5 breaths**.
If you are unsure how to do a pose please visit www.yogajournal.com You will find detailed instructions under the pose tab.



Lunge knee off the floor



Lunge knee on the floor



Half Splits



Downward dog (3 breaths)

Start with the right leg forward then repeat the series on the left side



Forward fold



Chair

Chair pose flow (X5)
Inhale standing with your arm up then exhale into a forward fold. Inhale back to stand and exhale into chair pose. Repeat 5 times.



Downward dog (3 breaths)



Triangle



Extended side angle



Downward dog (3 breaths)

Start with the right leg forward then repeat the series on the left side



Gecko
Right leg forward then come into downward dog and then bring the left leg forward. (stay on your hands if you can't come down to your forearms.)



Downward dog (3 breaths)



Pigeon
Right leg forward then come into downward dog and then bring the left leg forward. (option to come to the forearms or extend all the way down to your stomach)



Pigeon modification



Cow
(keep bottom leg extended if there is lots of space between the knees.)



Wide leg forward fold



Bound angle
Option to stay up or fold forward.



Reclined bound angle



Reclined spinal twist
Twist to the right then the left.



Relaxation
If possible relax for 5min or more.