

# Hip Openers

These poses are designed to help give you focus for your home practice.

You can add them to your regular routine – or just do these everyday and notice the changes after a week or two!

Focus: **Hips** - Opening the hips helps facilitate openness in the entire body as every pose ‘anchors’ or begins from the root chakra/pelvis.

In opening and balancing the 1<sup>st</sup> and 2<sup>nd</sup> chakra’s we feel more grounded, yet are also able to release tightly gripping, fear based control aspects of ourselves.

**Let go of that inner control freak and feel the freedom and relief of going with the flow!**

Hold each pose for a minimum of 5 deep breaths up to 5 minutes!



Legs in Diamond position and relax torso forward  
Soften back and hips more with each breath



Wide legged side bend.  
Press heels away from hips and relax the neck



Butt touching wall, gently press knees towards wall



Relax here and let gravity do the opening for you!

To be used in conjunction with regular group or private classes

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