

25 minute Hip Sequence JULY 2010

Tania Fréchette • www.yogaland.ca

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.



Wide leg child's pose (1min)



Hip rotations
10 forward and
10 backward circles
each direction.



Downward dog
(3 breaths)



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

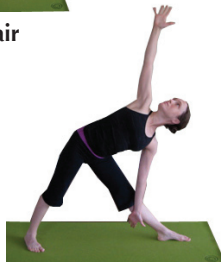


Chair

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.