

Yog anatomy • Psoas (30 min) Tania Fr chette

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1



2



3



4



5



6

Inhale



Exhale



Inhale



Exhale



Inhale

Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



7



8



9



10



11



12



13



14



15



16



17



18



19



20



21



22



23



24



25



26



27

INSTRUCTIONS

1. **Cat/Cow.** Inhale into cow, bring the spine down and head up, exhale into cat round the spine and relax the head. *Provides a gentle massage to the spine and belly organs.*
2. Come to stillness on your hands and knees then transition to **downward facing dog** for 3-5 breaths.
3. Step forward into a **forward bend**. Hold 3-5 breaths to allow the hamstrings to stretch.
4. Inhale reach up and exhale to relax the arms.
5. **Standing half moon.** Clasp the hands with the index finger released. Bend to the right as the hips go out to the left. Hold 5 breaths then switch sides.
6. **Sun salutation L** - 3 repetitions. Follow the breath pattern under the images. *Stretches the hips, hamstrings and shoulders.*
- 7-8. Inhale to reach up. Exhale to fold forward
9. Step the left foot back and bring the knee to the floor for a **lunge**. The hands can be on the floor, your knee, or in the air. Hold the lunge 5 breaths. *You should feel it in the psoas.*
10. **Half splits.** With the hands on the floor by the front foot shift your hips back as you straighten your front leg to stretch the hamstrings. *This is a nice counter stretch.*
11. **Downward dog** 3 breaths.

Repeat 9-10 with the left foot forward.

12. **Lunge.** Step your right foot forward and keep your left knee off the mat. Your hands can be on the floor or up in the air. Hold 5-8 breaths.
13. From the **lunge twist** by placing the left hand on the floor and the right arm up. Hold up to 6 breaths.
14. To exit step forward into a **forward bend**.

Repeat 12-14 on the left side.

15. **Gate pose.** From the forward bend, bend your knees to kneel. Extend your right leg out to right and place your right hand on your right leg. Raise your left arm up and bend to the right. Hold 5 breaths.
16. As you come out of gate pose place your left hand down and bend your right and hold on to your right foot with your right hand. Open the front line of the body to stretch the psoas. Hold for 5 breaths then return to kneeling to repeat 15 and 16 on the left side.
17. From kneeling place the hands down to come into **downward facing dog** for 3-5 breaths.
18. **Pigeon.** In downward dog raise your right leg up and bend your knee. Bring your right knee behind your right hand as you lengthen the left leg back. Lift through the chest to stretch the left psoas. Hold for a few breaths then you have the option to stay or move on to #19 to deepen the stretch. Move your right hand to the middle of your mat for more support then bend your left leg and hold on to your left foot with your left hand. Bring the left foot as close to you as possible.
20. Step back to **downward facing dog** for a few breaths before repeating 18 and 19 on the left side and then returning to downward dog for the last time.

21. **Leg stretches with strap and block.** The next three poses can be done without a block but practicing with a block will deepen the stretch in the psoas. To target the psoas it's important that the foot of the extended leg maintains good contact with the wall. Lie down and lift your hips to place a block or thick book under the hips. Lengthen the left leg and have the entire left foot press into the wall. Raise your right leg and place a strap or belt around the foot. Hold on to the strap with both hands as you pull your right leg towards you. Hold for 2 minutes then go directly to the next pose.
22. Keeping the left foot on the wall hold on to the strap with the right or left hand depending on your balance. The free arm will extend to the side on the floor for balance. Lower your right leg to the right. Hold for 2 minutes then go directly to the next pose.
23. Return the right leg up then bend your right knee and clasp your hands around it. The left foot still presses into the wall. Hold for 1 minute.

Repeat 21-23 with the left leg.

24. **Bridge pose.** Bend your knees and have your heels under them. Lift your hips and press your palms into the floor or clasp your hands. Bring the shoulders in closer. 5-10 breaths.
25. **Tuck pose** 5 breaths.
26. **Reclined spinal twist** 5 breaths on each side.
27. **Relaxation** pose for as long as you like.