

Hip Opening Asanas

Using Seated and Supine Poses

Focus Hips, Lower Back and Shoulders

Level Beginners to Intermediate



Staff Pose (*Dandasana*)

The sequence mostly performed with seated and supine poses, while stretching the hamstrings, quadriceps and the piriformia muscles.

1. Seated in the centre of the mat, stretch the legs out completely while extending the spine and taking support with the palms on the floor making a letter 'L' with the body
2. Seated in Staff Pose (*Dandasana*), take 6 rounds of breathing and close our eyes whilst feeling the breath and the movement of the body
3. Stretch the legs out feeling the muscles open up at the hamstrings and the back of the knees



Revolved Staff Pose (*Parivrtta Dandasana*)

1. Still seated in Dandasana inhale and place the left hand over the knees or the shin and while exhaling twist the torso towards the right, while stretching the right arm behind you in a gentle twist of the spine and the upper body
2. Stay here for about 4 breaths in Revolved Staff Pose (*Parivrtta Dandasana*). With each inhale go deeper with the twist. Here the opening of the base of the spine along with the middle and upper back, is essential to the gradual working on the opening of the hips.



Revolved Staff Pose (*Parivrtta Dandasana*)

1. Inhale, release and come to the centre, inhale and twist towards the left side while placing the right arm over the knees or the shin and stretching the left arm behind you
2. Remain here for about 4 breathes, making sure the hamstrings and the quadriceps open with every exhalation
3. The benefitis of the twist helps to open the hips and the lower back, whilst also activating the muscles close to the hops and the upper legs.
4. Complete the stretch and release from Revolved Staff Pose and come to sit in Dandasana



Bond Angle Pose (*Baddha Konasana*)

1. Still seated in Dandasana, bring the legs to bend at the knees and place the soles of the feet close to each other, whilst resting the thighs and knees on the floor.
2. Hold the feet within the palms of your hands and stretch the spine while feeling the stretch at the inner thighs and the outer hips close to the upper hamstrings.
3. With every exhalation, focused on pushing the thighs closer to the floor. Sit with your eyes closed for about four breathes
4. The opening of the inner thighs along with the outer hamstrings acts as a great way to open the muscles close to the hips.



Half Lord of the Fishes (*Ardha Matsyendrasana*)

1. From Staff Pose (*Dandasana*), with the legs straight in front of your body bend your left knee and bring the sole of your left foot to the floor on the outside of your right thigh.
2. Bend your right knee and tuck our right foot in near your left buttock.
3. Inhale and bring your right arm straight up beside your right ear.
4. Exhale and twist your torso to the left, bringing your right elbow to the outside of your left knee and the left palm to the floor just behind your sit bones.
5. Take your gaze over your left shoulder, but don't strain the neck, the twist should come from your belly not the neck.
6. On each inhale, draw the spine up tall On each exhale, deepen the twist a little
7. Be sure to keep the sole of your left foot firmly planted flat on the floor
8. When you release the pose, take a slight twist to the opposite direction as a counter pose.
9. Release the legs and switch their position as you prepare to twist to the other side.



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6. On each inhale, draw the spine up tall On each exhale, deepen the twist a little
7. Be sure to keep the sole of your right foot firmly planted flat on the floor
8. When you release the pose, take a slight twist to the opposite direction as a counter pose.
9. Return to Staff Pose (*Dandasana*)



Seated Forward Fold (*Paschimottanasana*)

1. In Dandasana inhale and stretch the spine and as you exhale go forward to take the torso towards the thighs and the knees in seated Forward Bend Pose (*Paschimottanasana*)
2. Remain here in the forward fold for about 6 breaths and with each exhalation stretch deep upwards and forward.



Corpse Pose (*Savasana*)

1. In Savasana it's essential that the body be placed in a neutral position. Sit on the floor with your knees bent, feet on the floor, and lean back onto your forearms. Lift your pelvis slightly off the floor and, with your hands, push the back of the pelvis toward the tailbone, then return the pelvis to the floor. Inhale and slowly extend the right leg, then the left, pushing through the heels. Release both legs, softening the groins, and see that the legs are angled evenly relative to the mid-line of the torso, and that the feet turn out equally. Narrow the front pelvis and soften (but don't flatten) the lower back.
2. With your hands lift the base of the skull away from the back of the neck and release the back of the neck down toward the tailbone. Broaden the base of the skull too, and lift the crease of the neck diagonally into the center of the head. Make sure your ears are equidistant from your shoulders.
3. Reach your arms toward the ceiling, perpendicular to the floor. Rock slightly from side to side and broaden the back ribs and the shoulder blades away from the spine. Then release the arms to the floor, angled evenly relative to the mid-line of torso. Turn the arms outward and stretch them away from the space between the shoulder blades. Rest the backs of the hands on the floor as close as you comfortably can to the index finger knuckles. Make sure the shoulder blades are resting evenly on the floor. Imagine the lower tips of the shoulder blades are lifting diagonally into your back toward the top of the sternum. From here, spread the collarbones.
4. Soften the root of the tongue, the wings of the nose, the channels of the inner ears, and the skin of the forehead, especially around the bridge of the nose between the eyebrows. Let the eyes sink to the back of the head, then turn them downward to gaze at the heart. Release your brain to the back of the head.
5. Stay in this pose for 5 minutes for every 30 minutes of practice. To exit, first roll gently with an exhalation onto one side, preferably the right. Take 2 or 3 breaths. With another exhalation press your hands against the floor and lift your torso, dragging your head slowly after. The head should always come up last.



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 corporate classes.

My classes are suitable for all levels – there is no such thing as being too inflexible to practice yoga.

My private classes can be modified for 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 a www.namastehathayoga.co.uk

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

Namaste!



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

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

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