

SomaYoga Therapy

healthy living with happy(ier) hips

Relieve hip pain in just 20 minutes

Are you suffering from hip pain, mobility problems, deterioration, dysplasia or fracture? Bursitis, osteoarthritis or rheumatoid arthritis?

But wait, there's more...strained or pulled hip flexor, IT band or piriformis syndrome, hamstring strain, inflammation in the tendons or ligaments?

Is surgery in your future?

You may already know that your current habits- how you sit, walk, sleep, work, etc. may play a factor in debilitating hip pain and possible surgery.

You do not have to live in pain. Create your hip toolkit of resilience and recovery.

Your hips

Actions & a few muscles

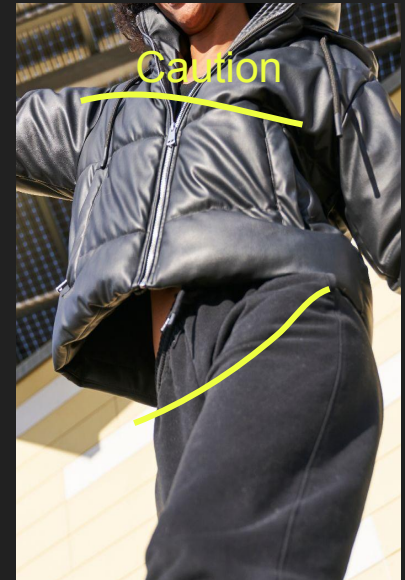
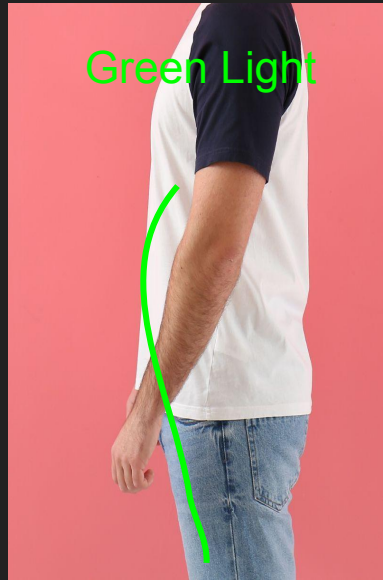
Flexion- psoas, iliacus, quadriceps

Extension- gluteus maximus, biceps femoris

External, internal rotation- gluteus minimus, obturator externus & internus, piriformis

Abduction- gluteus medius, tensor fascia latae, sartorius

Adduction- adductor brevis, magnus, longus; gracilis, pectineus



Look at the hips in these stock photos. Take some time to breathe, sense and feel your own hips, low back and legs. Consider our head, neck and shoulders. What do you notice? What advice has your doctor given you? Why do you want to try SomaYoga therapy to support your wellness goals and physical health? With yoga therapy, you will find that working the hips will work so much more.

Your hips & SomaYoga reflex patterns

Red light	Green light	Trauma
Front body forward flexion & internal rotation, posterior pelvic tilt	Posterior muscle contraction & external rotation, anterior pelvic tilt; back body is arched or flexed	Lateral rotation & one-sidedness, spine is bent, rolled or twisted to one side
Chronic contraction and stiffness along the front body, bringing the limbs into the body	Excessive tension along the back body & hypermobility, locked knees	Imbalances & compensations in the muscles and joints, limbs may be in opposition
Immobile muscle/joint state or frozen, shuffling not walking	Constant muscle tension & overuse, heel striking	Injury or trauma causes the body to adapt, repetitive, habitual
Mobilize with gentle, controlled asana	Re-educate neuromuscular tension by focusing on softness	Target moves focusing on balance & alignment

Why SYT is not for everyone?

SomaYoga is therapeutic yoga you do at your own pace with a yoga therapist by your side.

SYT is traditional Hatha yoga, therapeutic yoga & neuromuscular re-education of somatics. It includes the use of meditation, Yoga Nidra and relaxation techniques to further train the mind.

Traditional breathing practices meter energy and system requirements and balances.

SYT teaches a person to consciously reconnect with the forgotten or painful areas of the body. When that connection is reestablished, one also retrains the brain in addition to the muscle work and we can then sense, feel and move with efficiency, creativity and joy.

SYT requires breaking moves down, learning to release long-held tension in the body and some personal development along the way. Sense, feel and breathe gently and slowly, with the least amount of effort. Pay attention. What will you learn about your body and mind as you move today?

Move from the center out to your fingers and toes. Start small and local, go slow & be healthy.

What do you see from within? What internal signals associated with well-being?

Your Hips & Ayurveda

In Ayurveda there are three doshas and when they are out of balance, we get a lot of dis-ease, discomfort and dissatisfaction with how it's going. When we begin with breathing and awareness we can uncover a lot. This discipline optimizes healthy living.

Did you know that by understanding the qualities of the doshas we can tailor an Ayurvedic approach to hip dysfunction and other issues? Work with your LHCP.

Vata, Pitta and Kapha affect the body's (& mind's) response to hip instability, immobility and other related possibilities.

Our body sends cues to us all the time. Here are a few examples of doshas within.

Vata

Imbalances

Vata is comprised of Air & space.

These elements cause dryness, cold & lubrication issues in the hip.

Do you experience limited range of motion or hip dysplasia?

Joint pain and stiffness, cracking or popping, hips may feel weak and unstable.

Pitta

Imbalances

Pitta is comprised of fire & water.

These elements may cause inflammation & heat in the hip.

Do you experience pain, redness, swelling? Muscle spasms or cramps?

Joints may feel tight and stiff, leading to instability in other areas.

Have you noticed sharp pain?

Kapha

Imbalances

Kapha is comprised of earth & water.

These elements cause heaviness, cold & decreased flexibility.

Do your hips feel immovable or sluggish? Is there fluid build up?

Reduced movement adds to feelings of heaviness, perpetuating the cycle.

Your unique nature

Mind-Body States		Vata	Pitta	Kapha
Sattvic	Peaceful & calm	Ground, use energy wisely, be consistent	Meditate, develop energy, cool off	Move, increase load, find your spiritual side
Rajasic	Active & agitated	Quick & unpredictable	Bound or unrestricted	Slow & blocked
Tamasic	Stagnant & material	Impulsive & erratic	Narrow-minded & sharp	Complacent & resistant

Ayurveda and yoga provide the above states of mind-body terms to create your map to healthy living. At times we may feel our movements are quick or our mind is bound in anger. We may be complacent on the couch reading, instead of finding our spiritual and healing motivation to get moving and find our focus. Whether or not you find any meaning in the above words, hopefully they'll spark other words for the feelings and sensations you may be experiencing.

Body Assessment

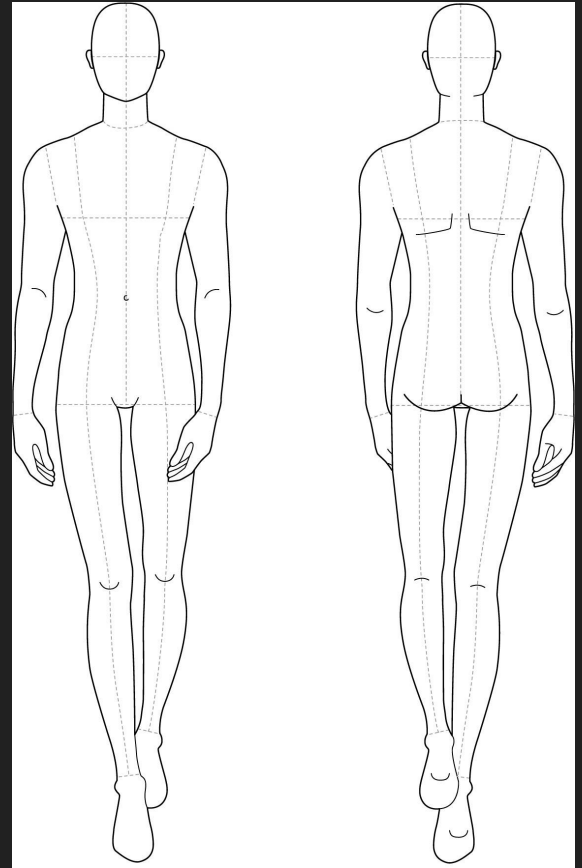
If agreeable, complete a body assessment in the mirror.

Take a mental or real picture.

Scan through your head, neck, shoulders, elbows, hips, knees, toes. Look for the three patterns, are there any visual uh-ohs? Be honest, yet loving- this is you, you're amazing and worth the time.

Is a shoulder lifted or hip turned forward? Where have you experienced pain, discomfort, weakness or tone?

Be curious and take notes. Try to not use negativity or harmful judgement.



Exercises for happier hips

Find freedom with easier movement.

1. Arch
2. Flatten
3. Curl
4. Bridge Build
5. Warrior Explore

Constructive or neutral

Find a neutral position where your body feels calm and steady to the supporting surface. Make sure your knees are bent and your feet are hip width apart.

If you are seated in a chair and your feet do not reach the floor, use blocks or books beneath your feet for stability.

Blocks, balls or straps may be placed between and around the thighs for additional support.

Gently press through the feet, rocking back and forth. This is spandana and it helps get rid of excess body energy.

Aim to be in a neutral position before and in between movements or asana- a place you find steadiness and ease- no effort!

Don't forget to REST at the end.
Find a comfy space to sit or lie down.
Let your arms and legs fall away from your sides.

Are your palms up or down?

Would you like a prop under your knees?

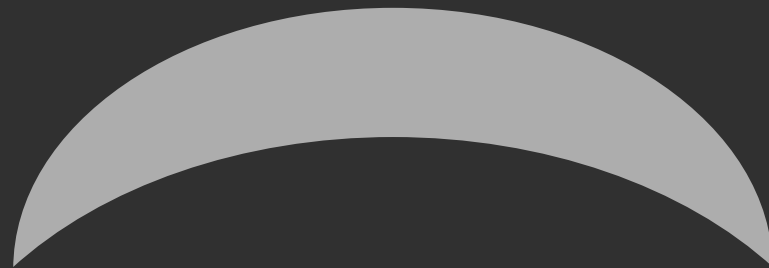
Would you rather be on your side or your stomach?

If you are exercising in the morning, minimize your savasana.

If you are exercising in the evening, what do you need to make it more satisfying?

Arch

Contract muscles of the low back by tilting the tailbone forwards- towards the feet. Your low back will lift off the floor. Can you feel the muscles working? Does anything else come in to assist? As slow as possible, release the muscles. Notice as you relax the low back to the supporting surface. Breathe in neutral.




Additional practices

1. Press then release- hip, pelvis, hip. Lift then release.
2. Place a block between your legs & strap around the legs to stabilize the pelvis.
3. Place a weight on abdomen to notice breathing habits.
4. Press and lift shoulder, head, shoulder. What did your upper body learn from your lower body?

*The shape is an idea of what your asana or move will look and feel like.
Additional practices are optional.*

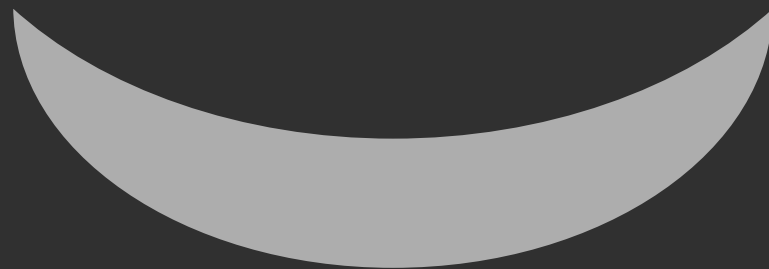
Flatten

Front body focus: contract muscles of the abdominals by pulling and holding the abs in and up towards the low rib cage. Your low back will lengthen towards the floor as your navel presses to your spine. Slowly release your abdominal hold.

- 
1. Try spandana: press through your feet, gently rocking or pulsing the body from head to toe.
 2. Let one leg lengthen to the floor & point the toes to the ceiling. Repeat the muscle contraction.
 3. Hold for 30, 60 or 90 seconds to work your deep core. Quietly breathe through your nose. Try to keep the abs soft and stable, with back flat to the surface.
 4. Place a sandbag or other weight on your stomach to be aware of your breath.

Curl

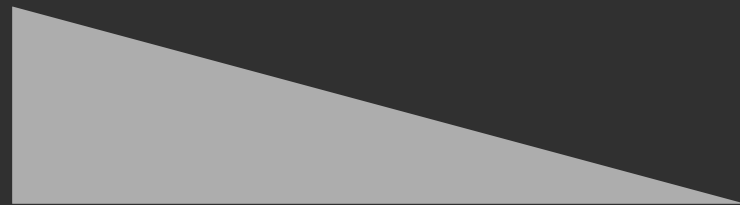
From Flatten, interlace hands behind your head, raise elbows up and in towards the midline of your body as you lift your head to look in the direction of the legs. The muscles of the abdominals from the pubic bone to the low rib cage contract, the body curls in from all directions. Keep arms along your sides if it is too uncomfortable.



1. Bring one hip toward the opposite shoulder. Can you curl it in like a sardine tin? Release. Repeat 2-3 times before the other side. Does another area of the body come in to help?
2. Curl your hip and opposite shoulder in towards each other. Slowly release.
3. From flatten, lightly lift one foot off the floor and tap to the ground a few times.
4. From flatten, extend one leg along the floor, gently lift your heel off the ground. Release to the floor.

Bridge

Check-in by pressing feet to the floor and release. Can you feel and sense a connection from your center? Press both feet to the floor as you begin to lift the pelvis up toward the ceiling. Let the trunk be stable as the pelvis lifts off the floor. Notice the contraction of stomach muscles as weight moves to the back of the head and shoulders.



1. Work your lower and deep abdominals by barely lifting the hips up by gently pulling your abs in and up to the navel, then rib cage, then place the weight on shoulders and head.
2. Place a block between your legs and/or a strap around the thighs for hip and leg stability.
3. Raise your arms as you raise your hips. Keep arms shoulder width, hold a strap for support. Arms may not touch the floor behind you.
4. Place a blanket, bolster or block(s) underneath your hips and hold for 30, 60 or 90 seconds. Remove the block and lower hips to the ground. Gently press hips and release.

Warrior

Step your feet be hip width apart, letting your legs fall out from the hip sockets. With a flat back bend forward at the hip joint a few times. Imagine your feet are in parallel tracks. Step one foot forward or backward, try it a few times before placing it. Then bend the knee until it is just over or behind the ankle. Pivot the back foot a few times. Ground legs into your feet for a solid foundation. Begin to raise your arms overhead or in cactus. How is your stance?



1. Lying down and from flatten, use a strap around your leg and gently pull your leg in as you exhale, feel a light activation in the abs. Slowly release the leg by lengthening your arms. Your foot may not touch the floor. Use a prop underneath your “standing” leg if more stability is needed. Keep the hip movement light and airy, notice what is happening.
2. If you used a standard yoga strap, try the practice with a stretchy band. Can you keep it slow?
3. For support in standing, use chairs, walls, or a doorway.
4. From standing, step forward and come onto the balls of your feet, then step back into neutral.

Hints & Props

You can do yoga anywhere- home, school or office, even the grocery store.

Morning and/or evening, in and out of bed.

Spend up to 20 minutes each time you practice.

Try breathing through your nose with your mouth closed.

Use a couch, chair, pillows, blankets, wall, books, belt, towel, rice bag or any yoga props like bolsters, blocks, sandbag and straps.

Go slow. Go small, you will progress and become more mobile, stable and strong!

Use a verse or quote for inspiration to meet goals.

Are you seated, standing or lying down? Are you using props?

Where does gravity affect you in movement and your position?

Take a look around the room before closing your eyes, which is optional.

As you gain stability, you'll be able to progress to more complex and freer movements in yoga and daily living.

Become more insightful as you learn to move with the function rather than an ideal form.

Everything is optional, everything can be adapted to meet your needs.

SomaYoga Hints

Shockingly, it's a good sign if you experience nausea, hunger, headaches, sleepiness, unsteadiness, shaking, anger, frustration, tears, boredom, disturbed breathing.

When we have lost conscious control of our muscles, we forget how to feel and move them. At times our bodies move automatically, triggering some bad, functional habits.

Somatics + yoga teaches us to release the contracted muscle, re-education the whole system- brain to nerve to muscle and reverse..

Focus on patterns:

Red light- press & slow release

Green light- lift & slow release

Caution- diagonal connection or disconnection & release

Make it flow:

Arch & Flatten, Arch & Curl, Flatten & Curl

Keep it low:

Try these exercises in the hips first, then see if you can replicate these moves in your upper body- head, neck and shoulders.

It's not unusual:

Moving and being still may make you uncomfortable, many feelings and emotions or memories pop up. Say what up to each one and move along. Acknowledge those thoughts and feelings, if your body tingles or freezes. What will bring you back to stability?

You are capable of:

Self-guiding, sensing, correcting, healing and transforming.

Don't ignore valuable knowledge:

Be honest about your body, mental and emotional reactions.

Practice going with moments of high & low energy. Keep practicing (any move that feels great) so that you can surrender into contentedness, find some softness and ease through it all.

Putting it together

Mobility-Stability-Strength

1. Mobilize by re-educating muscles, mind & their connection. Break postures or asana down, notice how you do what you do. Identify your patterns or habits, things you experience the most. Find & release long-held tension. Use somatics.
2. Stabilize by moving with your body's natural ability. Work with the local problem. Use your breath to gauge your effort. List the best ways you move and breathe. Add props and use modifications with .
3. Strength comes from within, with all your observances and practices. Stretching can be really enjoyable when you know how far you can safely go. Integrate different yoga and movement ideas with ease and creativity.

SomaYoga Therapy for Healthy Living

How to reach us.

www.eversoma.com

SomaYoga therapy classes forming now. Call or email eversoma to request your specialized class or personal therapeutic session today.