



LOW BACK & HIP HYGIENE



CAT/COW

PURPOSE:

- Resets spine
- Great posture to practice your breath & movement
- Hydrates spine and connective tissue
- Great for back pain

HOW TO:

- Exhale round your spine up towards the ceiling draw your shoulders away from each other
- Engage abs and look towards your belly button.
- Release the crown of your head down to the floor (Cat)
- inhale, arch your back, let your belly drop towards the floor and look forward. (COW)

HALF MOON POSE/ ARDHA CHANDRASANA



PURPOSE:

- Stretches the shoulders & upper back
- Strengthens the thighs, hips, ankles, and calves.
- Builds balance.
- Brings focus, concentration, & calm to the mind.

HOW TO:

- Begin in triangle pose.
- Bend your right knee, take your left hand to your left hip, & look beyond your right pinky toe.
- Draw navel into spine & shift weight forwards as you begin to reach the right hand forwards and diagonal the right pinky toe.
- Float your left leg hip height & stack your right hip over right heel.
- Engage your right quad/thigh muscle as you raise your left fingertips towards the sky.
- **to make this more challenging reach for the top of the left foot with the left hand (Chopasana Pose)

TRIANGLE

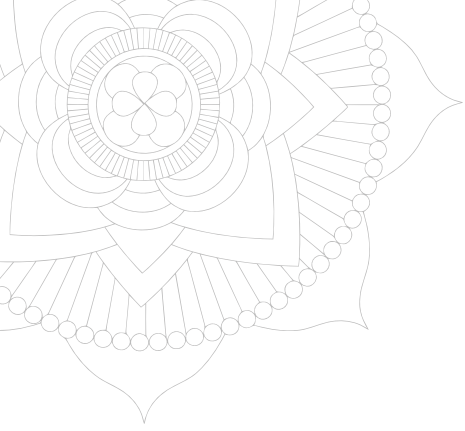
PURPOSE:

- Stretches legs, muscles around the knee, ankle joints, hips, groin muscles, hamstrings, calves, shoulders, chest and spine.
- Strengthens legs, knees, ankles, abdominals, obliques and back.
- Stimulates function of abdominal organs.

HOW TO:

- Stand at the top of your mat hands on hips
- Keep your right foot turned forward & step your left foot to the back of the mat
- Spiral down the left heel and outturn your left toes to face the Left side of the mat.
- Bring your arms out horizontally (palms facing down)
- Straighten your right leg and pull back the right hip
- Begin to lower your body and bring your right palm to your right leg or block, and left arm straight to the sky
- Hold this position and breath into the front leg
- Repeat on the left side





HIGH LUNGE

PURPOSE:

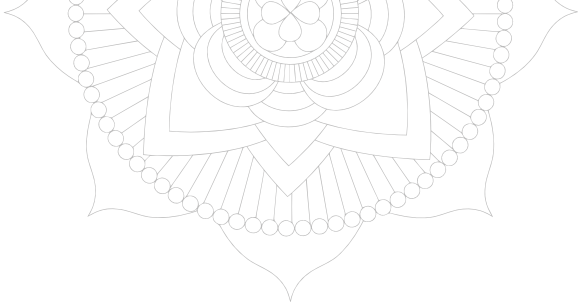
- INCREASE MOBILITY IN HIP FLEXORS & FEET.
- TONES LEGS
- IMPROVES BALANCE AND STABILITY.



HOW TO:

- STAND AT THE TOP OF THE MAT IN MOUNTAIN POSE
- BRING YOUR HAND TO YOUR HIPS WITH BOTH HIP POINTS FACING FORWARD.
- STEP THE LEFT TOES TO THE BACK OF THE MAT AS YOU BEND THROUGH THE RIGHT KNEE.
- LIFT THE ARMS TO FRAME THE EARS AND TURN TORSO TO FACE THE FRONT OF THE MAT.
- BREATHE INTO THIS POSE FOR 3-4 BREATHS.
- REPEAT ON THE OTHER SIDE.

EAGLE POSE/ GARUDASANA



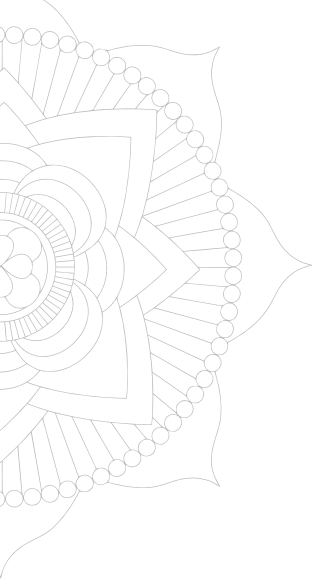
PURPOSE:

- Stretches the shoulders & upper back
- Strengthens the thighs, hips, ankles, and calves.
- Builds balance
- Brings focus, concentration , and calm to the mind

HOW TO:

- Stand at the top of the mat in mountain pose
- Raise your arms next to ears & then bend elbows 90 degrees to create a goal post or cactus shape with the arms.
- Bring forearms to touch in front of the face (with elbows bent).
- Wrap right elbow crease under the left elbow.
- Press backs of palms together.
- Bend both knees a bit & lift left leg and place it over right leg with left toes touching the outside of the right foot
- Draw your navel to spine and tuck your tailbone under
- Breathe for 5-7 breaths. repeat other side

**to make this more challenging double wrap arms and place palms TOGETHER as you lift the left leg and wrap it around the right.



TREE POSE/ VRKSASANA

PURPOSE:

- stretches the thighs, groins, torso, and shoulders.
- builds strength in the ankles and calves, and tones the abdominal muscles.
- helps to remedy flat feet and is therapeutic for sciatica.

HOW TO:

- stand at the top of the mat
- raise your arms next to ears and point the fingers gently to the sky.
- bend your knees and place the weight in your heels.
- sit back as if you're sitting in a chair & draw shoulder blades down the back.
- draw your navel to spine and tuck your tailbone under.
- breathe for 5-7 breaths.





PIGEON POSE/ KAPOTASANA

PURPOSE:

- Stretches the hip flexors, opens Glute Muscles & relaxes the piriformis and psoas
- Opens channel to sacral chakra allows space for deep emotional release & tension
- Stimulates abdominal organs & improves digestion

HOW TO:

- Begin in downward facing dog.
- Lift the right leg & and draw right knee to right palm
- Set down right shin parallel to the top of mat.
- Gently rest the top of the left leg on the mat.
- If need be place a block or blanket under the right glute.
- Take your fingertips and walk them forward beyond your shin until your arms come to straight.
- Recline your torso over your leg & come to rest.
 - If this is uncomfortable place two fists stacked or a block under forehead.

