

# Take Home Flow 6-27-09

## Yoga for Opening Hips and Inner Thighs

Many of us experience tightness in the hips and inner thighs. In this flow, you will slowly open these areas to let vitality and energy flow.

### ***Come to your center***

Sit comfortably. Begin with a few moments to listen to your breath, becoming quietly centered. As you connect with your breath, begin to let your arms flow up and down with each wave of breath. *I give myself permission to let go.*

### ***Awaken your body***

For a few breaths, play with a few poses to awaken your body and your connection to your movement. Release the neck, open the spine with cat/cow flows, stretch into downward facing dog, release into a standing forward bend. When you are ready, make your way to sitting for your flow.

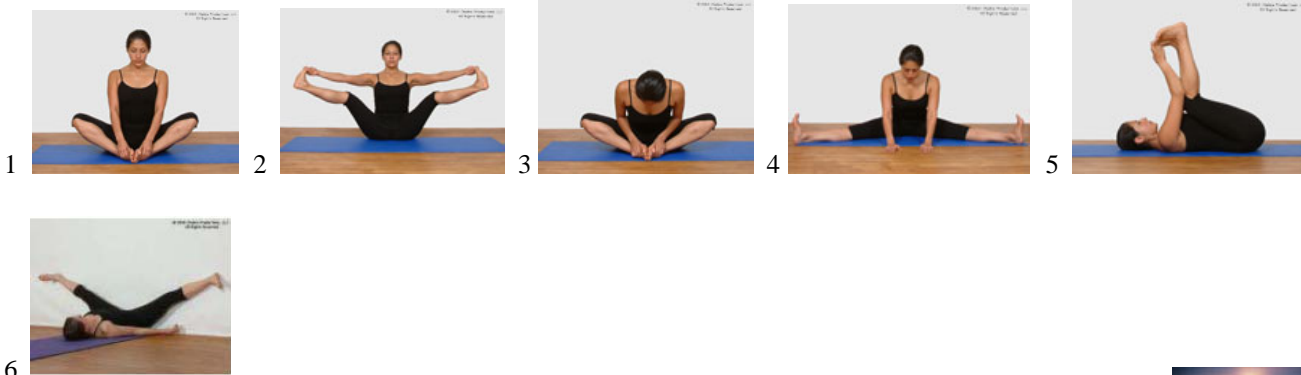
### ***Flow***

1. Bring the soles of the feet together. Slide the feet as close as possible to your body. If you have trouble sitting tall, slip a little blanket under your hips in back. You may find your knees open easily here, or they may be tight and face more toward the sky. Wherever you are is OK. As you linger here, relax into your breath and let each breath be a chance to let go a little more.
2. Wrap the first two fingers and thumbs of each hand around your big toes. Without pulling on the toes, begin to shift back until your feet come off the floor. Try to keep a long, straight spine. You can stay here, or gently extend one or both legs. If you accidentally roll back, just roll back up.
3. Bring the soles of the feet together again. This time, you can tip your hips forward to add a forward bend.
4. Now take the hands behind the knees. Use your hands to gently open your legs wide. Inhale and reach to the sky to lengthen your back and spine, then tip the hips forward with your exhale to fold into a forward bend. Be OK with where you are. Don't try to force, pull or wrestle with your body. Just relax into the stretch.
5. Slowly come back up. Cupping hands behind the knees again, pull the legs back together and gently lower down onto your back. Grab your feet and pull your knees to the sides of your ribs. Let your breath gently help your body to open at its own pace.
6. Open legs into a wide "V". You can hold the feet, or if you can't reach, slip hands to the inner thighs. Relax, breathe and let go.

### ***Receive***

Close your practice with a few moments in final relaxation, receiving the benefits of this opening flow.

*I allow a deep release within me and awaken a creative energy. **namaste***



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