

Take Home Flow 1-24-09

Yoga for Opening the Hips

Many of us have tight hips from sitting in chairs and not getting enough movement in the hip joint. Running, cycling, and weight training can also create tightness in the hips. Tight hips contribute to low back issues and inhibit forward bending. Opening our hips makes our whole body feel better.

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, *May I let go of those things I do not need.*

Awaken your body

For a few breaths, play with some poses that 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 onto your back on the floor for your flow.

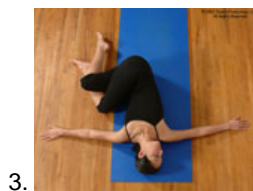
Flow

1. On your back, bring your right knee into the body. With hands on the knee, rotate your leg around in circles to begin to feel the movement in your right hip. Enjoy reconnecting with your full range of motion as you lubricate your hip joint.
2. Cross the right ankle over the left thigh. Slip hands around the left leg and pull both legs toward your body. Find the place in this reclining pigeon pose that feels like the most delicious release of tension in your right hip. We tend to store emotional tension in our hips – those emotions we've been "sitting on" – let emotions flow through you as you allow every breath to be a breath of letting go.
3. When your right hip feels happier, Roll both legs over to the left into a twist. Whisper to yourself, "I am letting go" with each breath.
4. Repeat steps 1, 2 and 3 on the left side.
5. Grab both feet in your hands and imagine your feet walking on the ceiling. Pull the knees beside the ribcage as if they could touch the floor. Breathe into this opening of your hips.
6. Let the soles of your feet join together at the mat, knees relaxing out to the sides. With every breath, let go a little more.

Receive

Close your practice with a few moments in final relaxation, receiving the freedom in your body that comes with open hips.

I let go of the past, I release my worries about the future, I allow myself to relax in the present. **namaste**



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