
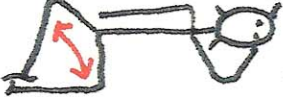

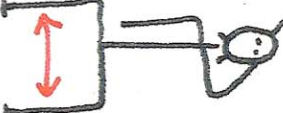




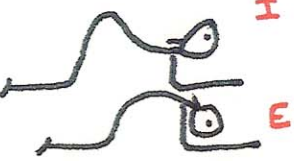





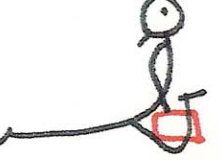







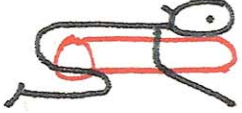
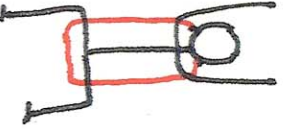



Somatic Hip Openers

Using the gentle movement therapy of Somatics to open the hips which helps to release emotional tension.

<p>Being at home with yourself</p>  <p>Trimurti Mudra (hands flat over lower abdomen creating triangle between thumbs & index tips)</p>	 <p>Somatic External Hip Rotation (Lift top knee, keeping feet together & release x3)</p>	 <p>Somatic Internal Hip Rotation (Lift top foot, keeping knees together & release x3)</p>	 <p>Somatic Leg Lifts (Lift top leg, keeping knee bent & release x3)</p>	 <p>Somatic Hip Forward & Back (Shift top hip forward & back of center keeping knee bent release x3)</p>
 <p>Thread the Needle (extend leg)</p>	 <p>Ardha Ananda Balasana</p>	 <p>Reclining Pyramid</p>	 <p>Elbow Cat/Cow (supports lumbar, move fluidly)</p>	 <p>Malasana</p>
 <p>Uttanasana</p>	 <p>Crescent Moon Lunge</p>	 <p>Upright Lunge</p>	 <p>Adho Mukha Svanasana</p>	 <p>Eka Pada Rajakapotasana (blocks under hands)</p>
 <p>Eka Pada Rajakapotasana (forward bend)</p>	 <p>Balasana (wide knees)</p>	 <p>Setu Bandha Four Ways (wide feet & knees, feet wide knees together, hips distance feet & knees, feet & knees together)</p>	 <p>Salamba Setu Bandha</p>	 <p>Supta Gomukhasana</p>
 <p>Baddha Konasana</p>	<p>Surrender to inner knowing</p>  <p>Shanka Mudra (Wrap L thumb in R palm, touch R thumb to L index, create shell)</p>	 <p>Salamba Balasana</p>	 <p>Salamba Bhekasana</p>	 <p>Salamba Savasana</p>