








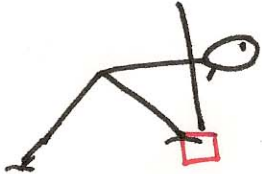
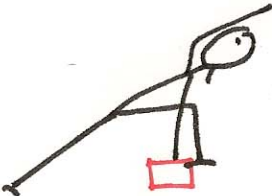



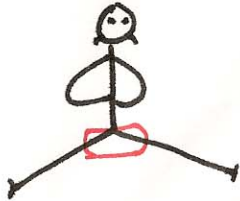

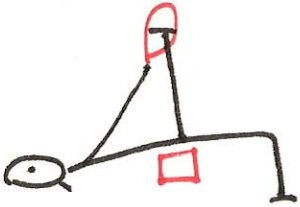





Open Groins

Learning how to release the groins to bring more relaxation to the pelvis and lower back.

 <p>Pelvic Tilts</p>	 <p>Supta Padangusthasana I</p>	 <p>Arhda Anandabhalasana</p>	 <p>Anjaneyasana</p>	 <p>Adho Mukha Svanasana</p>
 <p>Bhalasana</p>	 <p>Eka Pada Rajakapotasana Hands on blocks</p>	 <p>Adho Mukha Svanasana</p>	 <p>Virabhadrasana II</p>	 <p>Trikonasana</p>
 <p>Parsva Konasana</p>	 <p>Uttanasana</p>	 <p>Baddha Konasana & Maha Sacral Mudra</p>	 <p>Maha Sacral Mudra Opens the Pelvis From prayer open palms keep thumbs, pinkies & ring fingers together, bring pinkie against thumb, extend others</p>	 <p>Upavista Konasana & Maha Sacral Mudra</p>
 <p>Anandabhalasana</p>	 <p>Supta Padangusthasana I Hips on block</p>	 <p>Setu Bandha Baddha Konasana & Apana Mudra</p>	 <p>Apana Mudra Calming, Pelvic Breath Touch thumb, middle and ring finger tips, extend others</p>	 <p>Savasana</p>