

HOME PRACTICE SEQUENCE

Working with the Hips

Sequence: Patti Fiormonti

Patti is a substitute teacher at Valley Yoga

Model: Paula Bayard

Photos: Kathy Prekoski

These poses move the hips in a variety of directions providing an opening and stretch.

Repeat all four with a rocking motion 5-6 times.



Then back to Baddha Konasana.



Start in Dandasana.

Hold inside the thighs, bend knees, press the soles of the feet together and drop the knees out to the side. for Baddha Konasana.



Still holding the thighs, take the feet wide on the floor for Upavistha Konasana.



Lunge:
Repeat on second side.



Happy Baby:
Release tailbone toward the floor.



Thread the Needle:
Right ankle on left knee.
Pull left knee toward chest.
Switch and repeat.



Floor Twist:
Cross knees and drop to side.
Switch cross and repeat.