

Hips - Core - Balance

Sequence: Janice Helgeson

Model: JoAnne Branco

Janice is a substitute teacher at Valley Yoga

Photos: Kathy Prekoski

Suggested Preparatory Practices from previous newsletters: Shoulder Oiler and Hip Oiler



Setu Bandha Sarvangasana (Bridge): Feet close to the hips and parallel. Inhale, roll the spine, lift the hips, thighs rolling in and arms extend overhead. Repeat 5 - 10 times



Stack right knee over left, grab outside of feet (or knees/ankles/shins) and pull to chest. Repeat with opposite leg.



Leg lifts (double) Legs at 90 degrees. As you pull the belly muscles toward spine, slowly lower legs touching heels to floor, lift back to 90 degrees. Repeat 10 times, working toward 30X.



Jathara Parivartanasana: Legs extended or bent, move hips slightly to left and lower legs to right, half-way, hovering toward extended

arm. Move belly muscles back to left. Repeat on other side moving hips to right.

Repeat 3-5 times each side.



Roll up and step back Adho Mukha Svanasana (Downward Facing Dog).



Step forward to Uttanasana (Standing Forward Bend).



Deep bend at knees, lift arms overhead. Utkatasana (Chair Pose) Sit deep.



Stand up into Urdhva Hastasana.



With two Blocks, step into right leg lunge.



Move blocks out in front, arms extending, begin to lift left leg.



Pull blocks back in, bend left knee, slide foot across right knee and sit/squat, hands in prayer pose or on blocks.



Uncross, extend left leg behind to Virabhadrasana III (Warrior III), land lightly into lunge.

Repeat on other side.



Finish with Savasana