

Closed Hip Sequence

Yandara
yoga institute



Mountain Pose
(Tadasana)

Feet parallel.
Equal weight 4 corners of feet.
Neutral pelvis.



Mod Tree
(Vrikshasana)

Tadasana thru Standing leg.
Engage the core to lift the leg.



Mod - intense side stretch
(Parsvottanasana)

Lengthen the spine, hinge and fold.
Micro bend both knees, square the hips.
Hold a ball of energy btw the arms.



War III
(Virabhadrasana III)

Lift in the belly.
Press thru extended heel.
Lengthen the back of the neck.



3 Pointed Star

Back heel turns down on same track.
Heel to heel or heel to arch alignment.
Back toes pointed in slightly.



War II
(Virabhadrasana II)

Knee above ankle (tendency to track in).
-Send sits bone back and wide then descend the tail bone.



Reverse Warrior

Same feet as above
Lengthen the side bodies.



Side Angle
(Parsvakonasana)

Same set up as WII.
Draw the belly up and the ribs down.



Surfer

Option to take wide leg forward fold.



Crescent

Back heel turns up. Feet on sep. tracks.
Tail bone descends.
Triceps hug the hears.



Chair
(Utkatasana)

Send sits bones back and wide.
Slight tuck of tail bone.
Shoulder blades down the back.



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(Tadasana)

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Neutral pelvis.



Chair
(Utkatasana)

Send sits bones back and wide.
Slight tuck of tail bone.
Shoulder blades down the back.



Revolved Chair

Twist right first.
Draw left knee back inline with right knee.
Draw palms towards center of chest.



Revolved Lunge

Firm the belly and step back into lunge.
Lift chest and belly away from the thigh
Press through back heel



Revolved War II

Twist right first.
Draw left knee back inline with right knee.
Draw palms towards center of chest.



Gecko

Keep a lift in the belly, hips, and back leg.
Press evenly into the bottom hand.



Revolved Lunge

Firm the belly and step back into lunge.
Lift chest and belly away from the thigh
Press through back heel



Downward Dog

Press equally thru 5 fingers/mounds
Energetic lift at base of wrist
sits bones back and wide, heels descend.



*One Legged Downward Dog
with a twist*

Extend through the lifted leg.
Open and stack the hips.
Re-square the shoulders to the floor.



Half Pigeon

Engage the core as you float into plank.
Draw knee to chest.



*One Legged Downward Dog
with a twist*

Extend through the lifted leg.
Open and stack the hips.
Re-square the shoulders to the floor.



Lunge
(Anjaneyasana)

Exhale step the right let btw hands.
Inhale step the left leg
to meet the right



Chair
(Utkatasana)

Send sits bones back and wide.
Slight tuck of tail bone.
Shoulder blades down the back.



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(Tadasana)

Feet parallel.
Equal weight 4 corners of feet.
Neutral pelvis.