

Open Hip Sequence

Yandara
yoga institute

Start the sequence with the left side and then repeat with the right



*Temple Prep
(Galavasana Prep)*



*Temple
(Galavasana)*

Flex the lifted foot
Square the hips.



*War II
(Virabhadrasana II)*

Sit down and back
like the Chair Pose



*Triangle
(Trikonasana)*



Wide Leg Forward Fold

Feet are slightly turned in.
Lengthen the side body
Hinge at the hips



*Goddess
(Deviasana)*

Feet turn out inline with knees.
Shoulders stacked about hips.
Tail bone descends.



*War II
(Virabhadrasana II)*

Sit down and back
like the chair pose.



*Lunge
(Anjaneyasana)*

Exhale step the right leg 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.



*Mountain
(Tadasana)*

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