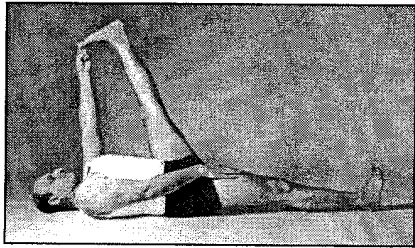


# Purna Yoga™ Hip Opening Series

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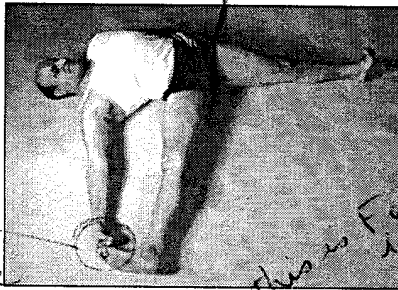
- Supta Padangusthasana**  
**Benefit:** Opens the hamstrings  
 3 - 9 breaths  
**Alignment:** same as traditional pose  
**Actions:** same as traditional pose



- Parivrtta Supta Padangusthasana**  
**Benefit:** Opens the abductors  
 2 - 3 breaths  
**Alignment:** held foot above holding shoulder  
**Action:** same as traditional Supta Padangusthasana

Themed  
in  
one hips in line

Keep Sacrum  
on floor - use  
wall.

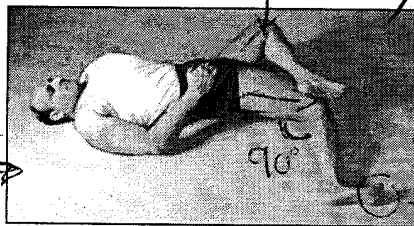


- Parsva Supta Padangusthasana**  
**Benefit:** Opens the adductors  
 3 - 9 breaths  
**Alignment:** same as traditional pose + outer edge of side leg parallel with the floor  
**Action:** same as traditional pose + use hand to pull ASIS away from side leg

Toes all  
in line  
Heel + pinkie toe  
Parallel w/  
floor.

traction of Pector  
key - suck in  
Belly

this is Foot traction  
at knee 100%  
Iliac - Sacrum



- Internal Rotation**  
**Benefit:** Opens external rotators, psoas & iliacus  
 3 - 9 breaths  
**Alignment:** L shape (spine and thigh in one line, knee at 90°)  
**Actions:** hip traction, ankle dorsiflexion & eversion, in ternal rotation of thigh & counter rotation of pelvis and belly

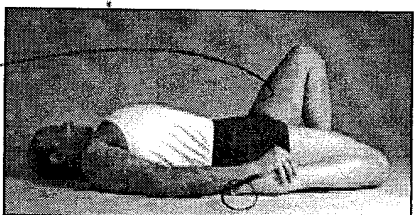
short leg  
out of  
hip  
Flex



- Supta Janu Padasthilasana**  
**Benefit:** Opens internal rotators and some external rotators  
 3 - 9 breaths  
**Alignment:** balanced "Y" shape between thighs and spine, upper leg's outer ankle outside lower thigh, both knees and ankles equidistant from head  
**Actions:** hip traction, external rotation of both thighs

1/2 leg vertical  
45° -  
chaw sacrum  
down.

1 Feet outside hips



- Eka Pada Supta Virasana**  
**Benefit:** Opens quadriceps & hip flexors  
 3 - 9 breaths  
**Alignment:** both ASISs equidistant from floor and head, Virasana inner thigh touching other ankle  
**Action:** hip traction (using hand to push heel while drawing the same side POA towards the head)

Always  
Bend  
Knee

toes pointing back