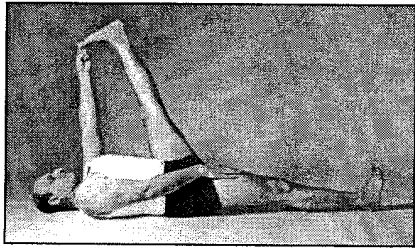


Purna Yoga™ Hip Opening Series

Yoga Centers • 2255 - 140th Ave NE, Suite F, Bellevue, WA 98005 • (425) 746-7476 • www.yogacenters.com



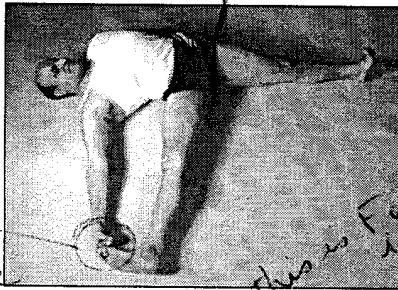
- Supta Padangusthasana**
Benefit: Opens the hamstrings
 3 - 9 breaths
Alignment: same as traditional pose
Actions: same as traditional pose



- 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.

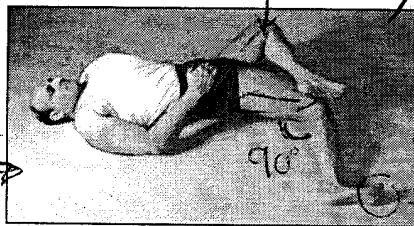


- Parsva Supta Padangusthasana**
Benefit: Opens the adductors
 3 - 9 breaths
Alignment: same as traditional pose + outer edge of side leg parallel with the floor
Action: same as traditional pose + use hand to pull ASIS away from side leg

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

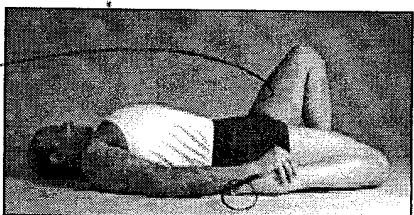
short leg
out of
hip
Flex



- 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