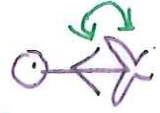




2 part psoas stretch: -   $\Rightarrow$   Then repeat other side.

 Hip circles


 Piriformis stretch


 Keep moving if stretch is intense  
Hamstring stretch

 Lift top knee + hold.  
Int. med. strength.

 Hips on floor lower knees to alternate sides.  
"Windscreen wipers"

 BO BI  
Moving cat / Susan


 Knee to side without disturbing hips / torso  
"Rover's revenge"


 Hips level  
BO BI

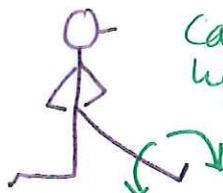
 Squeeze.  
"Tiger"  
Club max strength

Rest between!


 Extension & flexion.


 Quad stretch....

 .... with a twist.  
(upper body turns, hips stable)


 Care not to hyperextend knee.  
Whole leg turns  
Medial & lateral rotation

 Like warrior I but back knee bent  
Squeeze back knee

 Blocks to level hips

 "Cobbler"  
Press feet together  
Adductor stretch.  
DO NOT press knees down - concentrate on lifted spine

Some ideas for HIP MOBILITY and STRENGTH.  
(Not exhaustive)

OR:  
 "Lord Shiva's Dance"  
Twist towards top leg.

Any pose that takes one leg across mid-line  
eg: Head of Cow, Eagle.

Use modifications given to you in class. Ask me if you are unsure.

Luey Murray  
April 2013