

Do some warmup with Cat/Cow – Just flexing your spine and getting some movement



Start the warmup for the standing poses by squeezing a block between the thighs – try to internally rotate the femur to open some space in the hips and back body.

Stand in **Mountain Pose (Tadasana)**.



Repeat the following poses on both sides of the body.

Tree Pose - Vrksasana

Strengthen the hip flexors by engaging the gluteus medius on the standing leg. Focus your eyes on a point 3-4 feet in front of you on the floor. Transition your weight to the standing leg and bend the other leg, raising it to your shin or thigh. Flex the glute on your bent leg to hold the hips open and both hip points forward. Make sure you are flexing the gluteus medius on the standing leg to hold the standing hip firm in alignment. Raise arms. Hold Tree Pose (Vrksasana)



Pyramid - Parsvottanasana

Heel to heel alignment with the toes of the back foot pointing toward the front corner of the mat. Hip points should be pointed toward the front of your mat. Hinge at the hip creases taking the belly toward the thigh for Pyramid (Parsvottanasana). Keep both Glute Med muscles engaged to hold the femur in alignment with the leg and support the hip. Extend out the crown of your head, extending the spine long. Use a prop to support this pose (either a chair or blocks)



Warrior I - Virabhadrasana I

From Pyramid, bend the front knee over the ankle, raise the torso up to vertical alignment. Raise the arms, palms toward each other, and biceps by ears. Press into the front big toe tunnel and push through the back heel. Keep all the glute muscles engaged. Draw the shoulders down away from the ears.



Warrior III – Virabhadrasana III

Shift the body weight forward, belly toward thigh. Extend the front leg as you flex the glutes in the back leg and lift it up hip height. Lower the torso as the back leg lifts. Do not open the hip, but try to internal rotate the leg by drawing the pinky toe side of the leg toward the midline. Keep the glute medius engaged on the standing leg.



Triangle – Trikanasana

Use a heel to arch alignment. Shift hip points toward the long edge of the mat. Push in the front big toe tunnel. Flex the quad to help move the femur back further into the hip. Shift the hips toward the back of your mat as the upper body extends over the front leg and comes down to a prop.



Warrior II - Virabhadrasana II

From Triangle, bend the front knee over the ankle, raise the torso up to vertical alignment. Raise the arms shoulder height look over the front arm. Press into the front big toe tunnel and push through the back foot. Externally rotate the thighs to keep the hips opening. Keep the glutes engaged. Draw the shoulders down away from the ears.



Extended Lunge

Reach forward toward the front of your mat and let the elbow come to the knee or hand to a prop. Rotate the top arm up and out, extending toward the front of your mat. Rotate the bottom ribs toward the ceiling. Keep externally rotating the legs.



Half Moon – Arda Chandrasana

From the same alignment, shift the weight toward the standing leg. Lift the back leg up to hip height. Keep the hip opening by externally rotating the thigh. Lower the torso to hip height, bringing the hand to a prop or the floor. Raise the top arm up toward the sky. Keep opening the back body toward the wall behind you.



Half Forward Fold

Bend the knees slightly and fold at the hip creases. Lift your thutt toward the ceiling. Extend out the crown of the head and lengthen the spine.



Forward Fold

Lift the thutt as you continue lengthen the spine and drop the torso and head toward the floor.

