

Hatha Sequence #2 – Hip Opener – 75 Minutes

Hold postures for an extended period of time.

Centering

Warm-up:

- Cat/Cow – Moving with your ujjayi breath for 1-2 minutes

Warm-up Block #1:

- Mountain Pose
- Half Moon – R
- Half Moon – L
- Standing Back Bend
- Forward Fold/Bend
- Mountain Pose
- Repeat 3 times

Block #2:

- Mountain Pose
- Forward Fold/Bend
- Half Forward Fold/Bend
- Forward Fold/Bend
- Runner's Lunge – R
- Plank
- Chaturanga
- Upward Facing Dog
- Downward Facing Dog
- Three Legged Dog
- Bring the Leg Thru – Runner's Lunge - L
- Forward Fold
- Half Forward Fold
- Mountain
- Hands to Heart

...then repeat doing the Runner's Lunge and Three Legged Dog on the Left Side. Do a total of 3 times on each side (a total of 6).

Stretch/Cool Down:

- Wide Legged Seated Forward Fold
- Seated Butterfly
- Seated Forward Fold

Savasana

Pranayama

Meditation

