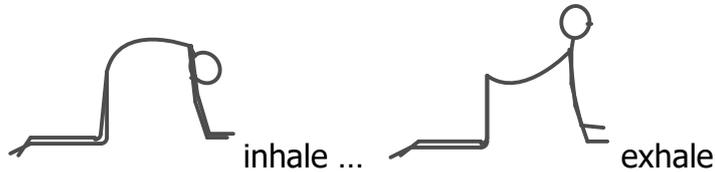
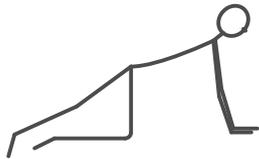


## Three for: Hips

First warm up. Come to all fours and take some easy movements with the breath in Cat to Cow:



Then stretch out the calves and backs of the knees:



Then add in some half sun salutations keeping the movements soft and the knees a little bent, from tadasana inhaling the arms up and lifting the chest a little, and then gently exhaling to fold down, bringing the arms towards the floor or your shins. Repeat three or four times with steady breath.



### **Cradle Stretch (eye of the needle)**

Lie on your back, with feet together and knees bent. Cross your right ankle over the top of the left knee, avoiding the knee cap. Flex the right foot. Lift the left foot off the floor bringing the shinbone parallel to the floor, and thread your hands around your left thigh, interlacing the fingers or holding a strap if you can't reach. Draw the left knee in towards you as you press away with the right knee. You could also press the right forearm into the right thigh, using it to push the leg away to encourage a deeper stretch in the outer right hip. Hold for a few breaths (building up over time). Repeat other side.



### **Runners Lunge**

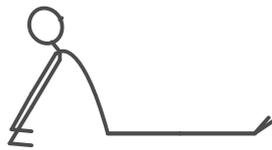
From all fours or from downward facing dog, step the right leg forward, tucking the toes under behind you. Hands are on the floor or resting on yoga bricks. Pelvis square to the front of the mat. Hips are drawing downwards as you press the left heel away behind you, creating a stretch in the front left hip. Keep the head and chest lifted, gazing forwards and holding for several breaths. To come out, take the right leg back to all fours or downward facing dog and repeat on the other side.



**(Half) Cows Face pose**

Sit with legs straight out in front. Take the right foot to the outside of the left knee, then turn it onto its outer edge and draw the foot up towards the left hip. Keeping the pelvis square to the front of the mat, if going further you can take the left foot up to the right hip underneath the right leg. If taking the arm position, wrap the left hand behind the back and work the back of the hand up between the shoulder blades.

Turn the right palm up to the ceiling then raise the arm and bend at the elbow, reaching for the left hand fingers behind the upper back. Use a strap if you cannot reach. Sit tall through the spine and keep the chin parallel to the floor. Breathe deeply and evenly, then undo the arms, undo the legs, and repeat on the other side.



**To finish:** Bend the knees and rock from side to side on the hips, then take a simple seated backbend. Lie down onto your back.

Take a gentle lying twist keeping feet on floor, to release through knees, legs and back. Take knees over to the right first and plug the left shoulder into the floor, gazing towards the left if that doesn't hurt your neck. Breathe here for a few breaths and change sides, using your bandhas to lift the knees up to center and lower them to the left.



Finally, rest in Savasana for a few minutes

