A Hip-Opening Sequence

This fun hip-opening sequence will release tension in the pelvis and prepare the body for seated pranayama and meditation practices. Not suitable for hip, knee or wrist problems, high/low blood pressure, or for pregnancy.

**Preparation:**

- **Apanasana**
  - Knees to chest
  - Practise on both sides.

- **Sucirandhrasana**
  - Eye-of-the needle
  - Practise on both sides.

- **Marjaryasana**
  - Cat

- **Bhagerasana**
  - Tiger
  - Threading-the-Needle
  - Practise on both sides.

**The Sequence**

Practise the whole sequence below on one side, then on the other, holding each *asana* for a number of breaths. Rest in between the poses in *balasana* (pose of the child) at any stage as desired.

- **Anahatasana**
  - Melting heart pose

- **Adho mukha svanasana**
  - Downward dog

- **Parivritta adho mukha svanasana**
  - Downward dog with twist

- **Ekapada adho mukha svanasana**
  - One leg downward dog

- **Kumara svanasana**
  - Hip opening downward dog

- **Ekapada rajakapotasana**
  - Pigeon

- **Adho mukha svanasana**
  - Downward dog

- **Marjaryasana**
  - Cat

- **Mandukasana**
  - Frog

- **Agnistambhasana**
  - Firelog pose

Finish with *jathara parivritti* (semi-supine spinal twist), practised dynamically with the breath, *apanasana* (knees-to-chest), then rest in *sivasana* for a few moments before beginning your pranayama or meditation practice.

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**Notes:**

- Not suitable for hip, knee or wrist problems, high/low blood pressure, or for pregnancy.
- Practise on both sides.
- Hold each asana for a number of breaths.
- Rest in between the poses in *balasana* (pose of the child) at any stage as desired.
- Finish with *jathara parivritti* (semi-supine spinal twist), practised dynamically with the breath, *apanasana* (knees-to-chest), then rest in *sivasana* for a few moments before beginning your pranayama or meditation practice.