Yin Hip Release

Warmup

## Arrive and Warm

**easy seat** Settle in and lengthen the breath

**Come to hands and knees table top**

**cow** Inhale lift chest

**cat** Exhale round spine

**childs** Rest for a few breaths



Yin Hip Release

Floor

## Butterfly

**Come to sit butterfly** Hold 4 minutes and let knees drift...



Yin Hip Release

Ground

## Half Frog

**Roll onto belly sphinx** Settle on forearms

**Half - frog (Right)** Open one knee wide and hold 3 minutes



Yin Hip Release

Floor

## Figure Four

**Sit tall seated figure four (Right)** Flex top foot and...

## Reclined Cobbler

**Lie back reclined bound angle** Prop thighs and hol...





## Dragon

**Hands and knees table top**

**Step foot between hands dragon (Right)** Low...

**childs** Rebound for a few breaths





## Supine Twist

**Lie on back supine twist (Right)** Knees bent and s...





## Closing

**happy baby** Hold 3 minutes and soften low back

**savasana** Rest for 4 minutes