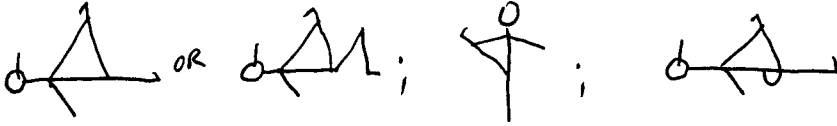


## Asana Practice for the Hips, 2006 from Kathy Ornish

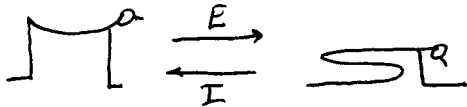
Always move slowly and mindfully through all the postures with careful attention to your breath. Lengthen your inhale and exhale as you go to prepare for pranayama.

1. Supta Padangusthasana with a strap on both sides.

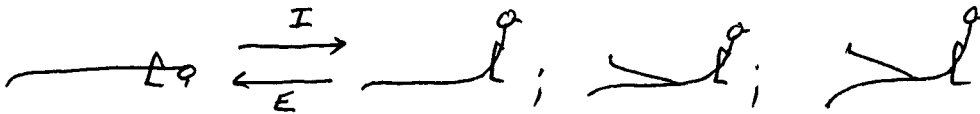


2. Chakravakasana - Repeat 6X.

Lift chest and engage upper back on inhale. Engage abdomen and round lower back on exhale



3. Bhjuangasana Variation - Repeat 6X, progressively widen legs each set of 2



4. Dwi Pada Pitham - Repeat 6X widening feet after each set of 2.



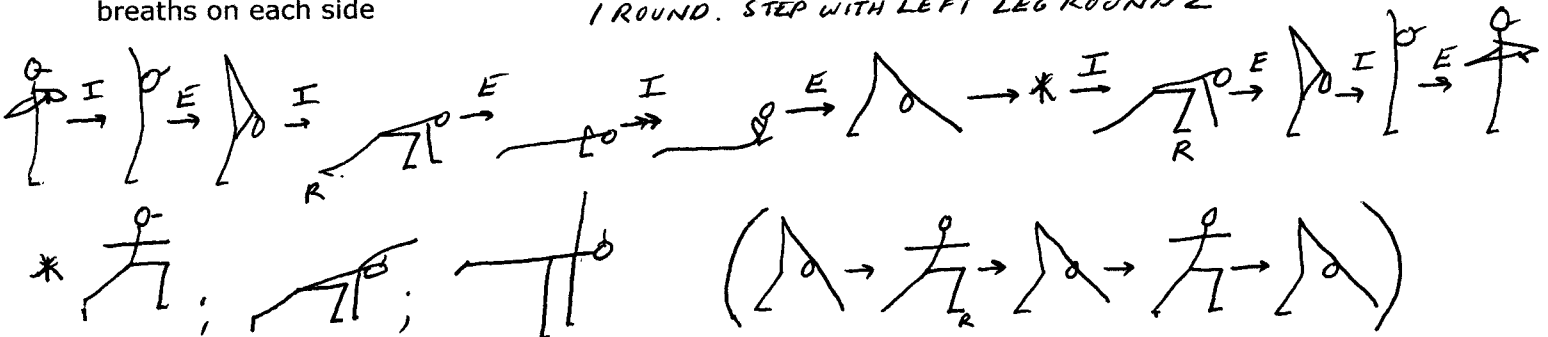
5. Apanasana variation for the hips (lying hip stretch). Stay 4 breaths on each side.



6. Surya Namaskar C - Do 2 rounds of regular salutations.

Then interject Virabhadrasana II, Parsvakonasana and Ardha Chandrasana at the \* staying for 4 breaths on each side

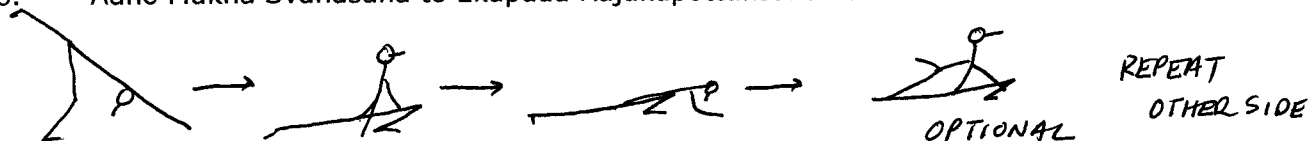
*1 ROUND. STEP WITH LEFT LEG ROUND 2*



7. Garudasana - Stay 4 - 6 breaths. You can tuck the foot behind the leg for greater challenge or place the ball of the foot on the floor for added assistance.



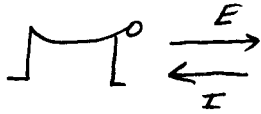
8. Adho Mukha Svanasana to Ekapada Rajakapottansana variations



9. Shalabasana Vimanasa - repeat slowly 6X



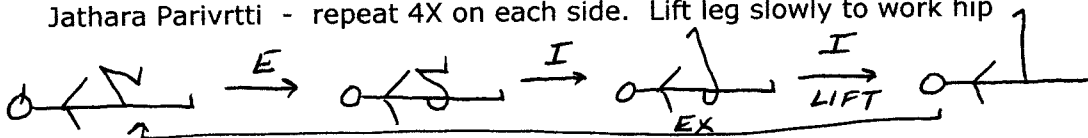
10. Chakravakasana - Repeat 4 - 6X



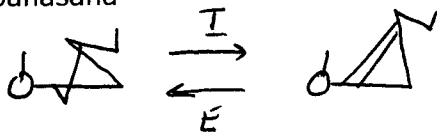
11. Supta Prasarita Padangusthasana - repeat 4X and stay 4B with legs open



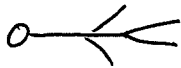
12. Jathara Parivrtti - repeat 4X on each side. Lift leg slowly to work hip



13. Apanasana



14. Savasana



15. Pranayama



16. Meditation

