

YogaFit: Hip Openers

Presented by Rev. Paul Galloro, C-IAYT, E-RYT 500, YACEP



In this workshop we will explore two main components of the hips, physical and emotional. Physical by way of anatomical alignment, muscles involved including stress placed on the hip joint. Emotional as this is the space our Sacral Chakra and the keeper of our emotional centre. The psoas muscle itself is both a primal muscle of human beings allowing us to stand up right, while also considered “the muscle of the soul” where everything that has ever happened to us resides.

Physical: The hip joint is a ball and socket joint, allowing us to move in all planes of motion: flexion-extension, adduction-abduction, internal and external rotation plus circumduction. Surrounded by many muscles to assist in these actions, when we experience tightness or misalignment in our hips it is manifested to many areas of our body including lower and mid-back issues, knees and feet. This is because of the insertion and origin of these muscles such as our psoas muscle originating at T12 crossing through our iliac crest and inserting to our inner femur. Our TFL (tensor fascia lata) originates in the back of our pelvis and inserts to the outside of our tibia, crossing both our hip and knee joints. Understanding the origin and insertion and thus the joint action of each muscle of the hip is crucial in creating balance and therefore ease inside our hip joint.

Muscles of the Hip:

Gluteus maximus ————— Hip Extensor
Iliopsoas (psoas major + iliacus) ——— Hip Flexors

Gluteus medius
Gluteus minimus
Sartorius
Tensor fascia lata

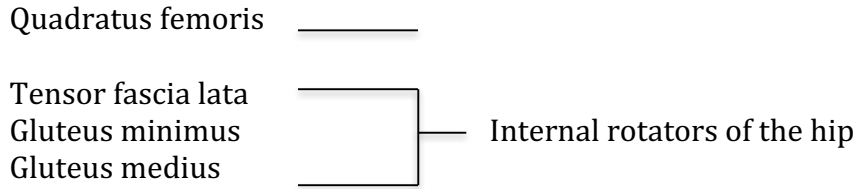
Hip Abductors

Adductor brevis
Adductor longus
Adductor magnus
Adductor minimus
Pectineus
Gracilis
Obturator externus

Hip Adductors

Piriformis
Superior gamellus
Obturator internus
Inferior gamellus

External rotators of the hip



Emotional: As part of our subtle body, the hips/pelvis are the home of our second chakra or Svadhsthana Chakra. Characterized by the element of water, when our hips become stiff or tight this can challenge our ability to move easily with the flow of life. The second chakra is also our emotional body, the seat of creativity and also sexuality. Often when we experience an emotional release in our yoga practice it is from deep hip openers. The psoas muscle is where our trauma is stored and as we bring somatic awareness to this area of our body such as through the deep stretches of yoga we begin to unlock the stories of our past and move towards holistic healing. We may experience sadness or even rage and not necessarily know where these feelings are coming from. Know this a cathartic process and we don't always need the answers here, only the awareness. Hip openers can be like walking through the fire, physically and emotionally uncomfortable but as we step to the other side we can experience a new freedom.

YogaFit Hip Opener - Sample Class

Mountain 1 – Warm Up

Supine, knees up in psoas release
Knees to Chest
Bridge Flow
Cat/Cow
Seated Meditation – 1 minute
Childs Pose
Plank flow - add crocodile
Childs Pose
Lunge flow R+L
Downward Dog
Moonflowers
Sunflowers

Valley 1 – Sun Salutations

Emphasis on Crescent Lunge

Mountain 2 – Work Phase

Lateral Flexion
Warrior 1 – Warrior 2 – Triangle R+L
Rest or Flow
Side Plank – Gate Pose Flow R+L

Rest or Flow

Standing Straddle Splits, bend R knee, R elbow to inside of knee - Transition to front

- Crescent Lunge option hand to opposite elbow, bend and release back knee -

Repeat L side

Rest or Flow

Pyramid Pose - Balanced Half Moon add quad stretch R+L

Rest or Flow

Valley 2 - Balance

Dancer

Standing Balance Pigeon

Standing Half Lotus

Mountain 3 - Floor Work + Deep Stretches

Deep Lunge - Dragon - Splits R+L

Child's Pose - Downward Dog

Frog

Child's Pose - Downward Dog

Pigeon - Royal Pigeon R+L

Child's Pose - Downward Dog

Half Lotus Forward Fold

Double Pigeon or Lotus Pose Options

Butterfly

Easy Seated Pose

Supine Hand to Big Toe (hamstring stretch) flow between centre and adductor stretch R+L

Supine Twist R+L

Dead Bug

Relaxation Pose - prop under knees if available for deeper release in lower back

**Special POP-UP Sale 15% off all YogaFit
Trainings through world fitness expo**

Use code: TTR-worldexpo17

**or visit the YogaFit Canada
Booth #712 in the expo hall**

www.yogafitcanada.com