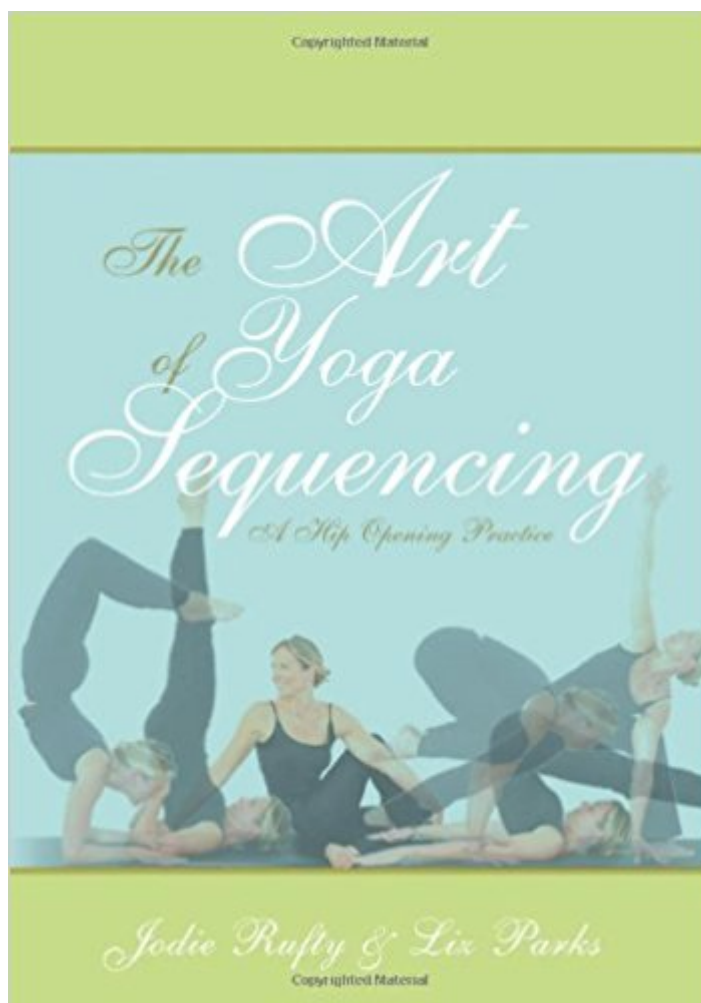


The book was found

The Art Of Yoga Sequencing: A Hip Opening Practice



Synopsis

How to Create, Practice and Teach a Yoga Hip Opening Sequence This is a sequence designed to show people how to stretch and strengthen the hip rotators. When your students understand how these muscles work in different asanas, they can do hip opening, back bending and twisting in a way that is safe as well as fun and invigorating. In addition to providing a template that can be used to do or teach a hip opening sequence, this book also explains the logic behind the creation of a sequence designed to open the hips. Learn why it is easier to open the hips when you start with poses that externally rotate the legs and hips and then move gradually into more challenging poses such as Parivrtta Trikonasana (Twisted Triangle).

Book Information

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Customer Reviews

you know this stuff. it is just a review of what you already know. it all starts with the lunge

This was a really well put together book. Simple and straight forth. A great addition to any teachers education

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