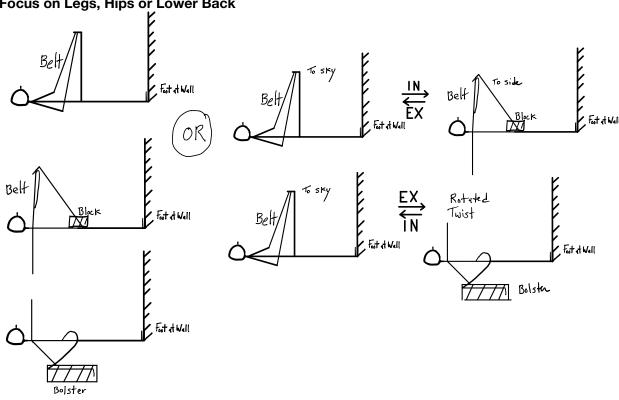
#### **Healing Hips - Practices & Principles**

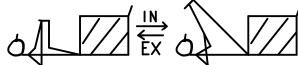
Apanasana with Legs Moving in Circles or Legs Apart - Wider & Wider Focus on Hips or Lower Back



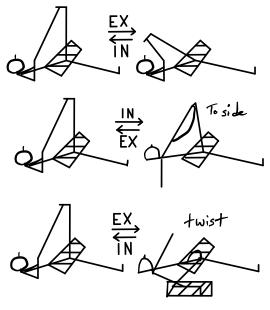
Supta Eka Padangusthasana Variations with a Belt Focus on Legs, Hips or Lower Back



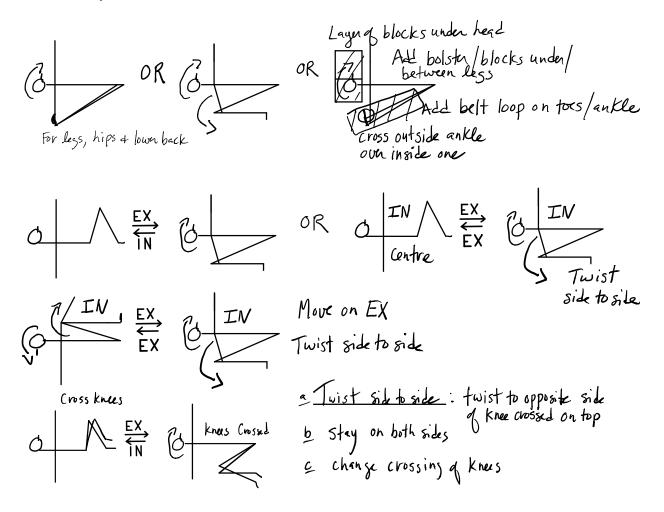
With Chair

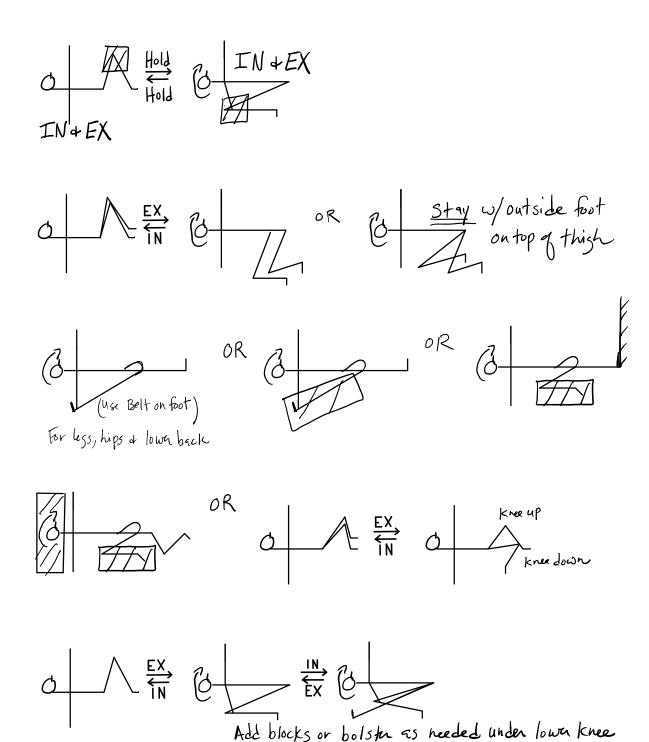


### With Bolster Under Pelvis - Focus on Legs or Hip Flexors/Psoas



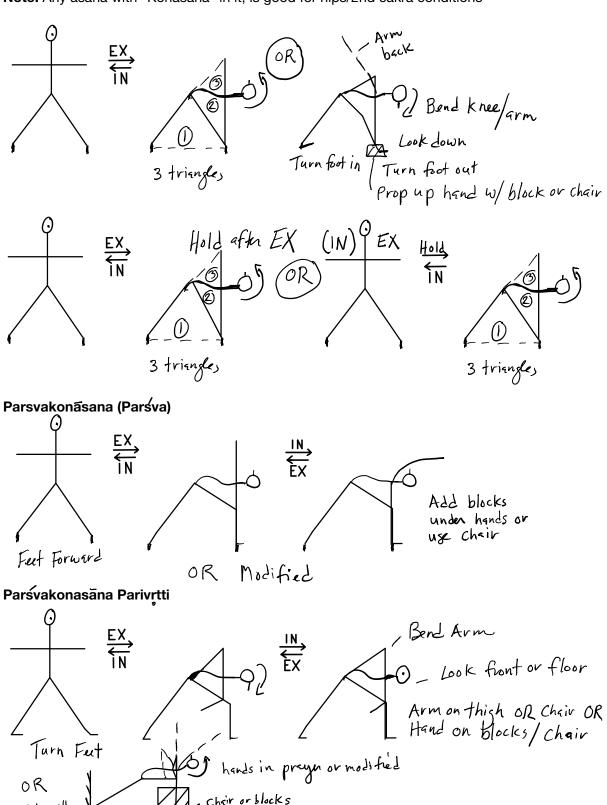
Jathara Parivrtti (Parivrtti) - Twisting the Jathara Agni at the Nabhi (Belly Button) Focus on Hips or Lower Back



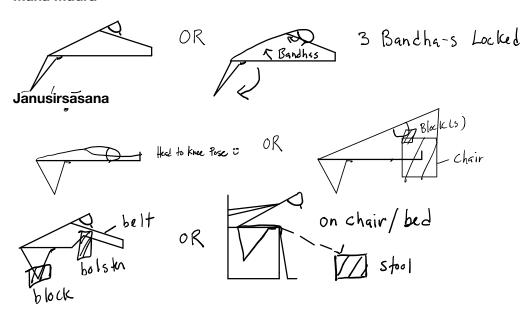


# Utthita Trikonasana (Parivṛtti) - Standing Triangle (3 Triangles/angles)" - Rotated Twist Focus: Hips, Lower Back or Upper Back

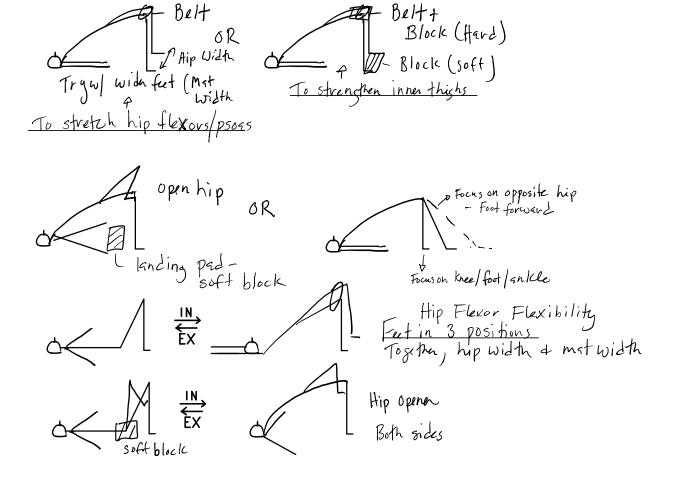
Note: Any asana with "Konasana" in it, is good for hips/2nd cakra conditions

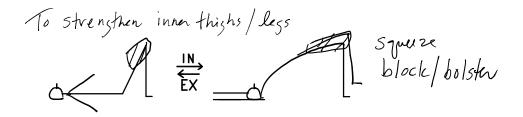


#### Mahā Mudrā

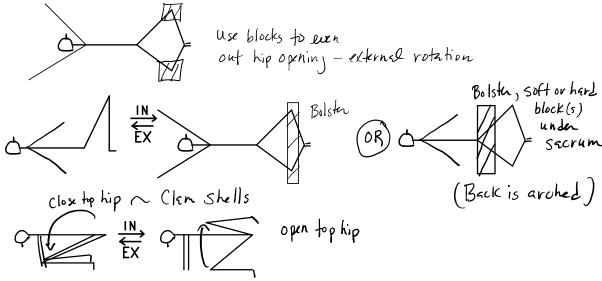


#### Dvipada Pitham - Bridge - Two-Footed Stool Focus on Legs/Feet, Hips, Lower Back or Upper Back

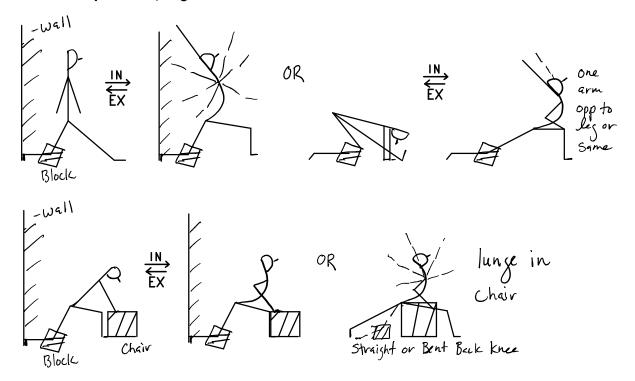




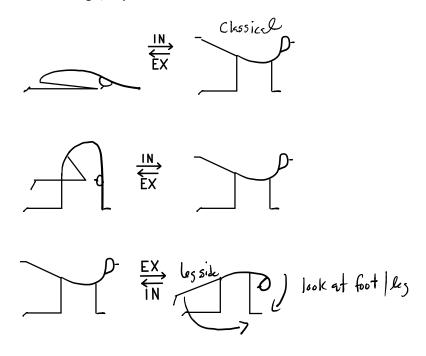
### Supta Baddha Konasana



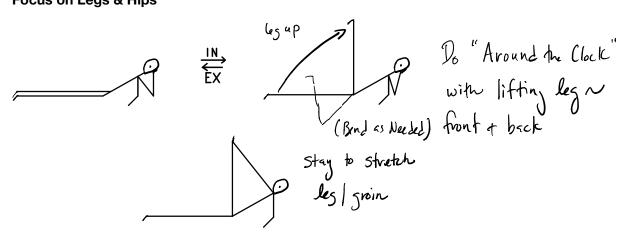
Ekapada Rajakapotasana - Modified King Pigeon or Ekapada Ustrasana - One sided Camel Focus on Hip Flexors, Leg Stretches and Lower Back/Pelvic Rotation on both Sides



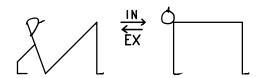
### Cakravakasana Focus on Legs, Hips or Lower Back



# Anantasana - Sleeping Vişnu Pose on Snake Bed (Ananta) Focus on Legs & Hips

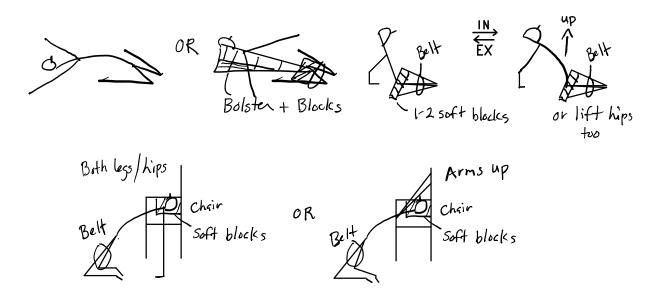


Catuspada Pitham: 4-Legged Stool Focus on Hips, Lower Back or Upper Back

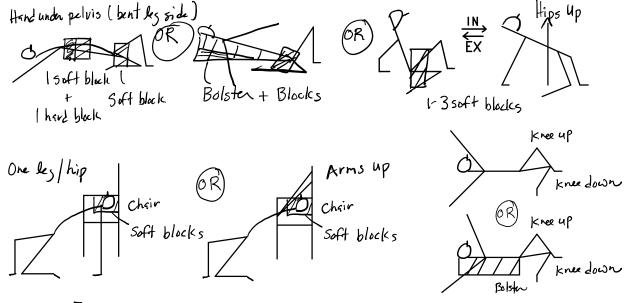


## Supta Virasana : Supine Hero's Pose





### Eka Pada Supta Virasana - One Hip/Leg at a Time



#### Setubandhasana

