

YOGA FOR Happy Hips

1 CHILD'S POSE 3 MINS

Lean hips down

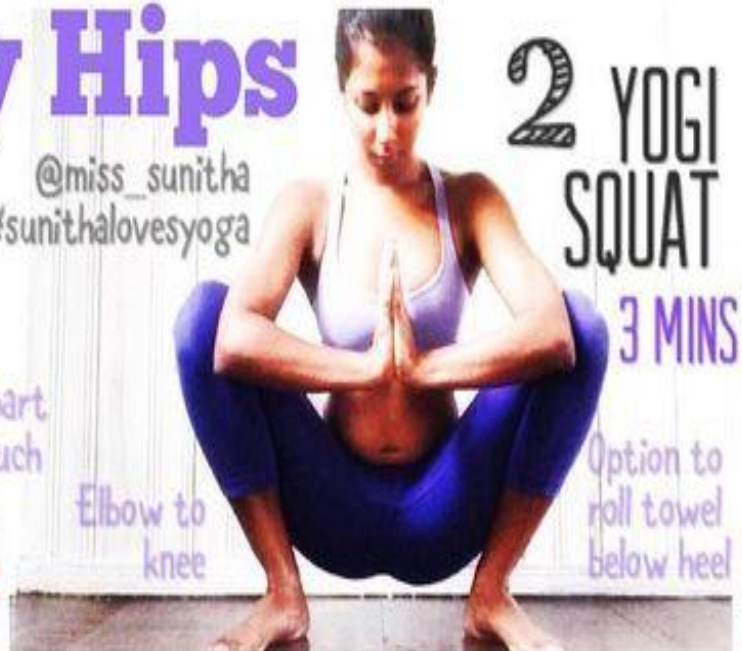


Knees apart
Toes touch

@miss_sunitha
#sunithalovesyoga

2 YOGI SQUAT 3 MINS

Elbow to knee



Option to roll towel below heel

3 DOUBLE PIGEON 3 MINS/SIDE

Stack ankle on top of knee & knee on top of ankle



Flex top foot

4 SHOELACE 3 MINS/SIDE

Fold forward



Stack knees on each other

5 BUTTERFLY 3-5 MINS

Fold forward



Feet not too close to groin

6 FROG POSE 3-5 MINS

Hips above knee



Knee & heel in line

Belly in