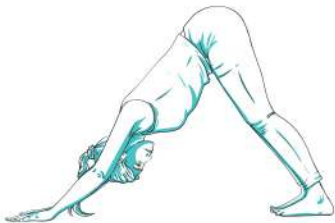


# HIP OPENING YOGA ROUTINE

yogarove.com

Hold each pose for 5 slow breaths. Repeat steps 1-6 on the other side before moving to step 7.

1 Down Dog



2 Three Legged Dog Hip Opener



3 High Lunge



4 Goddess

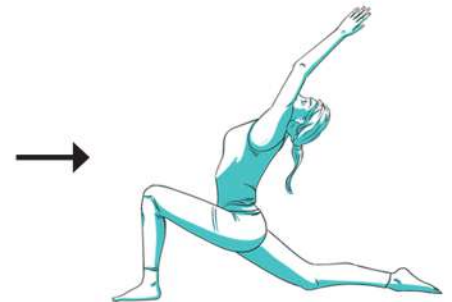


5 Ninja



repeat  
x3

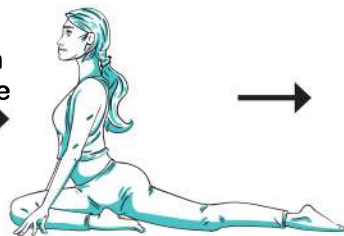
6 Crescent Lunge



7 Down Dog



8 Pigeon



repeat on  
other side

9 Butterfly



10 Reclined Twist



11 Savasana

