

Open Hips, Floor Yoga

Grab a mat, and let's get on the floor!

Use your hands to support you as you lower yourself down to lie on your back. Bend your knees and plant your feet on the ground.

Open your arms to a T.

Step your feet out to the edges of your mat.

Windshield your knees slowly from side to side.

Rotate your knees to one side and hold for 3-5 seconds.

Switch sides.

Bring both knees back to center.

Draw your knees into your chest with your hands on your shins.

Make little circles with both knees in one direction and then in the other.

Extend one leg out long on the mat and draw the other knee into your chest.

Place your hands on your shin and lift your heart toward your knee.

Open your opposite arm to a T and hold your knee with the same side hand.

Open your knee to the outside.

Bring your knee to center and switch the hand holding the leg.

Draw your knee across your body, making a twist.

Switch sides and repeat.

Bring both knees into your chest and give yourself a little hug.

Ground one foot on your mat and cross your other ankle over your knee.

Lift your grounded foot, place your hands on your hamstring, and draw both knees into your chest to feel a stretch in your hip.

Place both feet on the ground at the edges of your mat and rest your knees together.

Now switch sides and repeat.

Heel-toe your feet together and open your knees like a book. Use your hands to support your thighs.

Bring your knees together and step your feet out to the edges of the mat. Rest your knees together.

Roll over on your side and gently press yourself up to sit.

Extend one leg out in front and cross the other leg over the top with a bent knee and your foot on the ground. Hug your knee with your opposite arm and twist.

Switch sides and repeat.

Bring the soles of your feet together.

Place your hand on your ankles with knees apart.

Hinge forward to deepen the stretch.

Bring your knees together.

Come into a comfortable seat.