



TRX Yoga

Live Hip Opening Workshop



Actions of the hip



Actions of the hip



TRX



Actions of the hip

TRX



TRX Yoga Space Set Up



TRX Yoga Hip Opening Flow Warm Up



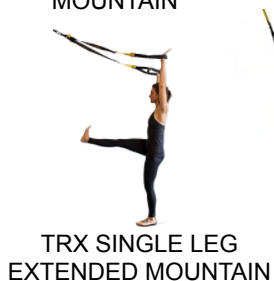
TRX EXTENDED MOUNTAIN

TRX FORWARD FOLD

TRX HALFWAY LIFT

TRX FORWARD FOLD

x5



TRX SINGLE LEG EXTENDED MOUNTAIN



TRX WARRIOR III



TRX SINGLE LEG EXTENDED MOUNTAIN



TRX WARRIOR III

x3





TRX Yoga Anatomical cues

- CUE #1: Unlock Knees
- CUE #2: Neutral Pelvis
- CUE #3: Collar bones separate, shoulder blades slide together
- CUE #4: Lower belly draws into the spine
- CUE #5: Press the crown of the head away from the shoulders



TRX Yoga Hip Opening Flow Series 1



TRX SINGLE LEG
EXTENDED MOUNTAIN



TRX WARRIOR III



TRX THREE
LEGGED DOG



TRX STANDING
FIGURE 4

Sun Salutation A
Repeat on other side



TRX Yoga Hip Opening Flow Series 2



TRX RUNNERS
LUNGE



TRX LOW
LUNGE



TRX LIZARD
LUNGE



TRX TWISTED
MONKEY



TRX HALF SPLIT

Repeat on other side

TRX

TRX Yoga Hip Opening Flow Series 3



DOWNWARD FACING DOG



HALF PIGEON



TRX DOUBLE PIGEON

Repeat on other side

TRX

TRX Yoga Hip Opening Flow Cool Down



TRX SINGLE LEG
FORWARD FOLD



TRX SEATED SPINAL TWIST
(ON BOTH SIDES)



TRX SEATED FORWARD
FOLD



Putting it all
together

