



# Karuna Yoga Newsletter

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## **YOGA THERAPY IMPROVING MOVEMENT IN THE HIPS**

### **THE HIPS**

The hip joint is where leg bone and the pelvis meet to create this joint. When the leg bone moves on the pelvis, it moves in six directions – forward, behind, from side to side, external and internal rotation. If the hips are tight, any of these directions may be affected, and the body will compensate to try and find another way to move. This can result in pain in the Sacroiliac joints (where the two pelvic bones attach to the sacrum).

Knee problems are also connected to the hips. You may think you can do something, but you may not have the correct function in the hips. There is also a direct connection between the arm bone and the pelvis, the shoulder and the pelvis and the pelvis and the foot. Most standing postures involve the hips.

### **THERAPEUTIC YOGA**

If you experience pain, always move in a slow and mindful way to create a sense of ease. As your pain levels decrease and your movement improves, your strength and core stability will also improve. To get out of pain, you need to begin to move without pain, even if you are moving just a couple of centimetres. Adding more pain doesn't reduce pain. To reduce pain, you need to add more ease and softness to your yoga practice.

### **BREATHE**

When you are practising yoga, focus on keeping your breath smooth, your jaw relaxed and your face soft. If you're holding your breath or holding extra tension anywhere in your body, this is a sign you're going too far. Come out of the posture, take some slow breaths and release the tension before moving again. Becoming aware of your breath allows you to develop ease and yoga can then become effortless.

### **INCREASING MOBILITY AND STABILITY**









Learn how your hips move and how the spine, pelvis and leg bones interact with one another. The more aware you become, the more the hips will let go and this will increase their stability. Always relax first before moving, bring yourself into the present moment of yoga and move thoughtfully.

### **PELVIC FLOOR**

The muscles at the base of the pelvis are directly connected to the functioning of the hips. To strengthen the pelvic floor, you are pulling up and in with the urinary, vaginal (for women), testicular (for men) and anal sphincter muscles. When you are effectively using your sphincter muscles, you will find greater stability in your pelvis and more ease in your hips.

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## YOGA POSTURES TO IMPROVE MOVEMENT IN THE HIPS

<p><b>BALASANA (child's posture)</b>  <b>This posture gently stretches the hips. It helps to relieve stress and fatigue. Place your hands or a block under your forehead for support.</b></p>	 <p style="text-align: right; font-size: small;">RORY EARNSHAW</p>
<p><b>SUPTA BADDHA KONASANA (reclining bound angle)</b>  <b>This posture helps to gently open the hip joints. If you feel tightness in the hips, place supports under your thighs. This is a good posture to practice pulling up the sphincter muscles to improve stability in your pelvis and to ease the hips.</b></p>	 <p style="text-align: right; font-size: small;">CHRIS ANDRE</p>
<p><b>SUPTA PADANGUSTHASANA (reclining leg, foot and toe stretch)</b>  <b>The stretch to the legs increases flexibility in the pelvic area. The stretch should not hurt. Feel the muscles stretching and breathe into the stretch without any force. Helps to strengthen the hips.</b></p>	 <p style="text-align: right; font-size: small;">RORY EARNSHAW</p>
<p><b>ANJANEYASANA (low lunge)</b>  <b>When you lift your upper body in this posture, don't let the ribs lift to create a back bend. Move through your knee and your hips. Stop if pain, strain or tension increases.</b></p>	
<p><b>VRKSASANA (tree)</b>  <b>Place your hands on your pelvis and lift one leg. Find your balance and then change legs. To come into the posture, lift one knee and rotate outwards through the hip joint. Hold your shin without bending forward and place your foot on your inner thigh or below your knee.</b></p>	
<p><b>UTTHITA TRIKONASANA (triangle)</b>  <b>Step your legs apart and turn feet by rotating your leg bones in the hip sockets. Place your hands on your hips and move your upper body to the right. Do not move your pelvis out of alignment. Put your right hand on your right leg and stretch your left arm up.</b></p>	 <p style="text-align: right; font-size: small;">RORY EARNSHAW</p>
<p><b>GARUDASANA (eagle)</b>  <b>As you bring one leg across the other, keep your pelvis level. Don't try to go further into this posture by twisting the pelvis. You can practice this posture by standing against a wall which will keep your shoulders and pelvis in correct alignment.</b></p>	 <p style="text-align: right; font-size: small;">MARTY SCODUTO</p>
<p><b>VIPARITA KARANI (legs up the wall)</b>  <b>This posture improves the mobility of the hips while releasing the back of the legs from the heels to the hips. You can practice this posture to relieve back strain or tired feet. If your hamstrings are tight, you may not be able to get your buttocks against the wall. This is ok. Just ensure that your pelvis is level</b></p>	 <p style="text-align: right; font-size: small;">MICHAEL VENERA</p>