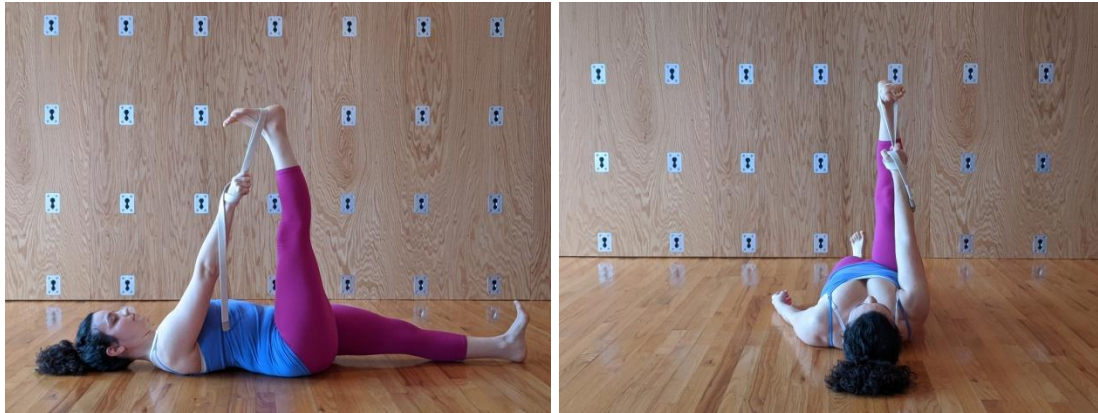


Ashley Erwin – Your Yoga Roadie  
ashley@youryogaroadie.com  
Basic Home Practice for “Everyone”

**Three Hip Opening Stretches**

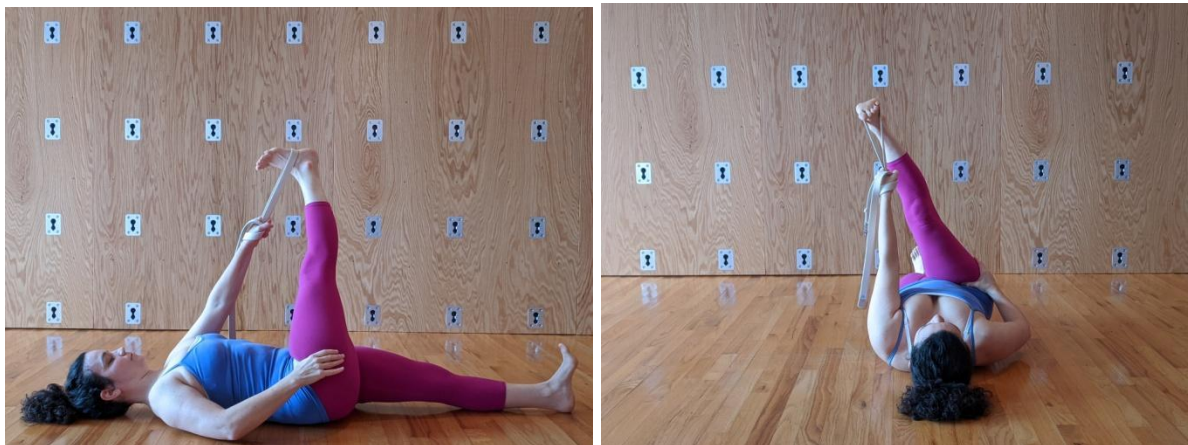
Practice the first pose on each leg, then the second pose on each leg, then the third on each leg.

**1.) Supta Padangusthasana**



- Keep arm straight
- Place belt around sole of foot closer to heel
- Contract your quadriceps
- Concentrate on the hamstring stretch
- Keep the thigh bone moving away from the head
- Relax the upper back and shoulders

**2.) Parivrtta Supta Padangusthasana**



- Keep arm straight
- Place belt around foot closer to heel
- Place thumb in hip crease
- Move leg across body so foot is in line with opposite shoulder
- Using the hand, push thigh away from the head
- Contract quadriceps
- Relax the upper back and shoulders

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Stretch outside of top leg thigh (IT Band)

**3.) Parshva Supta Padangusthasana**



Keep arm straight

Place belt around foot closer to heel

Move leg out to the side

Outer edge of foot should be parallel to floor

Push heel away from body and keep pelvis moving in the opposite direction of the outstretched heel

Stretch inside of right thigh

Contract quadriceps

Relax the upper back and shoulders

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**ashley@youryogaroadie.com**  
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**Shoulder Opening Poses:**

**1.) Gomukhasana Arms - Sitting or Standing**



**Getting into position:**

1. Place a belt over your left wrist and hold it with your left hand
2. Move left arm over your head placing the left hand at the neck or upper back
3. Reach your right arm behind you from underneath and hold the belt with the right hand
4. Move the hands as close to each other on the belt as possible
5. If your hands clasp you do not need the belt, if you need the belt on one side but not the other, use the belt on both sides
6. Face your torso and hips forward, make sure you don't twist and contort your body

**While in the pose:**

1. Move the left shoulder blade to the left and glide it up towards the ceiling (the elbow will follow)
2. Roll the right shoulder back, moving the right shoulder blade to the left and glide it down the back
3. Actions 1 and 2 will cause you to create tension on the belt
4. Breathe deeply for 6-9 breathes, attempt to relax where you feel tension

Switch sides - if one side is more difficult than the other, hold the more difficult side longer.

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2.) Garudasana Arms - Sitting or standing



Getting into position:

1. Open your arms wide, bend your elbows with the forearms and hands pointing up (so your arms are in the shape of goal posts)
2. Cross your right elbow over your left elbow
3. Wrap your forearms around each other and interlace the hands as best as you can (the left hand is closer to your face)
4. Move your elbows up or down so they are the same height as your shoulders
5. Bring your left thumb to your nose or forehead

While in the pose:

1. Lift the bottom of your belly up in the direction of your chest
2. Spread your shoulder blades apart and move your shoulders and shoulder blades down
3. Bring your awareness and your breath into your shoulders to release tension
4. Bring your awareness and your breath into the space between the shoulder blades to open up the upper back
5. Do this for 6 to 9 breaths allowing the shoulders and upper back to relax into the pose

Switch sides