

Weekly Yoga Session with Claire!

www.AmericanYogaAcademy.com

Lying Down Hip Rocks



INSTRUCTIONS:

- ❖ BEGIN LYING DOWN ON YOUR BACK.
- ❖ BEND BOTH KNEES FEET FLAT ON THE FLOOR (KNEES AND FEET ARE WIDE APART).
- ❖ BRING YOUR ARMS UP OVER YOUR HEAD.
- ❖ TAKE 4-6 DEEP BREATHS IN AND OUT OF YOUR NOSTRILS HAVE A PLEASANT LOOK ON YOUR FACE.
- ❖ EXHALING, BRING BOTH KNEES OVER TO THE RIGHT WITH YOUR FEET IN CONTACT WITH THE FLOOR.
- ❖ EXHALE, BRING BOTH KNEES TO THE LEFT WITH FEET IN CONTACT WITH THE FLOOR.
- ❖ REPEAT 6-9 TIMES EACH SIDE.
- ❖ BRING BOTH KNEES TOWARD YOUR CHEST AND GENTLY ROCK TO THE RIGHT AND LEFT SIDE.

BENEFITS

- ❖ MASSAGES AND LUBRICATES THE HIP JOINTS.
- ❖ MASSAGES THE LOWER BACK
- ❖ INCREASE BLOOD FLOW AROUND THE THIGHS AND LOW BACK
- ❖ LENGTHENS YOUR THIGH MUSCLES

Safety Tips

- ❖ IF YOUR KNEES OR LOW BACK BOTHERS YOU BRING KNEES TOWARD CHEST AND GENTLY ROCK RIGHT AND LEFT. BREATHING IN AND OUT.

- ❖ If YOUR SHOULDERS HAVE ANY KIND OF SITUATION OR DISCOMFORT, BRING YOUR ARMS DOWN BY YOUR SIDE. KEEP BOTH ARMS AT THE SAME LEVEL.

Thoughts for the week:

- ❖ DO EVERYTHING IN A RELAXED MANNER.
- ❖ CULTIVATE AN ATTITUDE OF GRATITUDE.
- ❖ BE AWARE OF PAUSING BETWEEN YOUR DAILY ACTIVITIES.
- ❖ TAKE A FEW CONSCIENCE BREATHS THROUGHOUT YOUR DAY.

IF YOU HAVE ANY QUESTIONS OR TO ORDER CLAIRE'S DVD'S AND BOOKS CONTACT ME

www.AmericanYogaAcademy.com

www.ClaireDiab.com

HAVE A WONDERFUL WEEK

Namaste!