



Healthy, Happy Hips: A Yoga Tune Up® Workshop

With [Sandy Ahlensdorf](#) of [Yogi Mobility](#)

Sat, Mar 12, 2016 | 2pm – 4:30pm

Prairie Yoga, Lisle, IL

Thank you for participating in the Healthy, Happy Hips workshop! This sheet is your personal reference of the poses we covered during the workshop. Please feel free to contact me if you have questions.

Be Awesome!

Sandy

PS - Be sure to check out my social media pages @yogimobility on [Facebook](#), [Twitter](#) and [Instagram](#)

Explore the relationship between mobility and stability to excavate your current limitations and uncover techniques to move safely in your unique body. In this workshop, explore your pelvis, legs, IT band, low back and core. Whether you are a yogi, an athlete or a desk-jockey, this workshop will leave you with a better anatomical knowledge of your own body and a prescription for happy, healthy hips!

(1) **Yoga Tune Up®**

Helps people live better in their bodies to improve the 3 P's: Reduce Pain, Improve Posture and Enhance Performance. Yoga Tune Up helps you find & heal body blind spots – those tissues that are over used, under used, misused and abused. Yoga Tune Up® is a blend of corrective exercise, yoga movements and as needed therapy ball work.

The Yoga Tune Up® classroom, which includes this Workshop is an inclusive and supportive environment for students to recognize the differences in their bodies and body types. We all move ahead and open ourselves in spite of our restrictions and limitations. No judgment. Just interest and awareness.

HERE IS THE MESSAGE OF THIS WORKSHOP: Health is BALANCE. When we can create balance, there is happiness!

"Hatha yoga should be a balance between strength, flexibility and relaxation. An overly flexible muscle that has little strength may not function properly in everyday life. Similarly a very stiff muscle or joint may be unable to function properly. If we gently activate muscles while in stretching positions we protect the joints and we learn to respect our limitations and vulnerabilities at any given moment. The balance of wanting to go further and knowing when to stop is experienced as is the understanding of what yoga is truly about." [Christine Carr](#)

- a. Stabile Mobile Neutral spine, Stabile Mobile neutral pelvis
- b. Being able to be strong, bendy, supple, empowered



- c. The Goal of this workshop is to help you find a point of balance in your body, or to uncover blind spots you didn't know were inhibiting you from balance in your body.

(2) Anatomy: **WE ARE LEARNING ANATOMY BECAUSE IT IS YOUR RIGHT TO BE EMBODIED IN THE BODY YOU HAVE AND ONE OF THE WAYS TO DO SO IS TO UNDERSTAND WHAT YOUR BODY IS MADE OF.**

My favorite anatomy resource is Trail Guide to the Body by Andrew Biel & The Roll Model, by Jill Miller. **Muscles:** 35 muscles attach to the pelvis & sacrum (http://www.physio-pedia.com/Sacroiliac_joint)

Anatomy 1: Define Hip joints are coxal joints, Hips in this workshop refers to Pelvis
Define Fascia
Boney Landmarks: Pelvis, Ilium, Femur, Coxal Joint, Lumbar and Sacrum
Muscles: Glutes

GLUTE CHECK

- Supine: 1 OG, 1 plus, 1 alpha, 1 Coregeous®
- TEST: Supine Contract & Relax and SWITCH SIDES

HIP WARM UP:

- Shin Jive (Prone ab and ad ducting your shins like the hand jive, slowly then ballistic)
- Butt Lifts (Prone)
- Shin Jive

ROLL GLUTES:

- Alpha ball roll Glutes (Side lying: Abduction, Crossfiber, Pin & Stretch (Flex hip & lift leg), Bicycle hover off floor)

Anatomy 2: Define Hip Flexion & Extension Frontal & sagittal
Boney Landmarks: Iliac Crest, Head & Neck of Femur, Greater Trochanter, Lesser Trochanter,
Muscles: Psoas, Diaphragm, QL

PELVIC PRIMER – 1 minute each

- Leg Stretch #1 w Strap → Level Hips!
- Supine Apanasana – Flexion & Extension
- Half Happy Baby – Neutral Spine, Vertical Shin, Use a strap and let your shoulders rest

Anatomy 3: Define Adduction. Abduction.
Boney Landmarks: ASIS, PSIS, Ischial Tuberosities
Muscles: Abductors, Adductors, Deep 6 External Rotators of Hip, TFL
Soft Tissue: IT Band

CORE CHECK ON ALL 4'S



- Table Top Tubular Core
- Flexion & Extension of hip with bent knee – tubular core!

On a block (optional hands on rolled blanket)

- Hip Hover & then add circles
- Hip Clams & full Abduction – Hello Glute MED!

STANDING

- Standing Hip Hikers (SI Joint Caution!) - Standing @ Wall on Block
- Abductor Lifts Static & Dynamic – Standing @ Wall on Block

TEST Sumo & Forward Fold

- OGs Step & Knead
- OGs The Twist – Plantar Fascia
- OGs Hippie Heel Shake
- OGs: Grab the balls

RETEST Sumo & Forward Fold SWITCH SIDES & RETEST

- Tune Up Tadasana w block between feet on floor
- Chair flow with block on floor between feet and strap around lower thighs

EXT & INT ROTATION

- Frog
- Frog Crawls with blanket
- Frog at the Dock (feet externally rotated and close chain at the wall)

SUPER FRIEND

- Frog @wall with finger under inner heel to help with obturator externus and internus
- Parsvotanasana Pyramid w/ 2 blocks or more on hands (chair option) (Level hips?). Super friends help us embody our bodies (“I’m not level!”)

IT BAND “IT” BAND

- ½ Fish Twist – BOTH SIDES
- Standing or side lying: Roll 2 Plus vert stack on TFL / IT
- ½ Fish Twist

Researchers at Stanford found that weak hip muscles can be one of the biggest reasons people get IT band syndrome. Weak muscles in the hip tend to cause your running form to break down, which puts a lot of stress on the tissues in the knee. ***Consult Dr – Pain could be from Back or other***

PELVIC FUNNEL

- Pelvic Floor w Coregeous®

10 MINUTES TRANSPORTATIVE SAVASANA