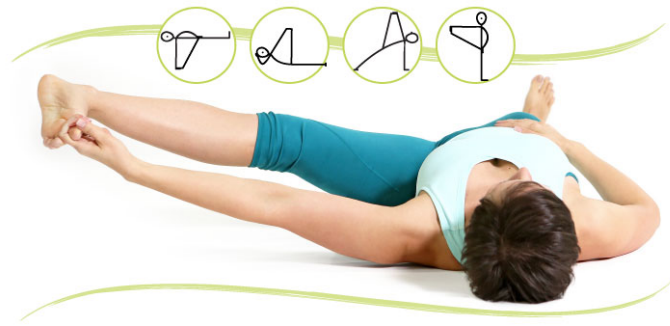



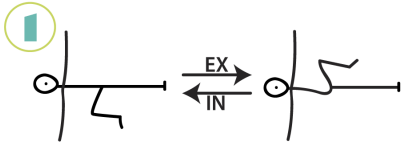
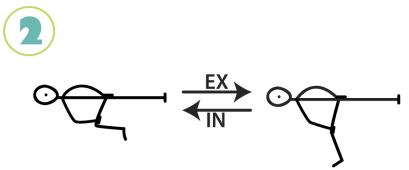
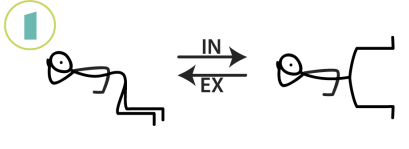
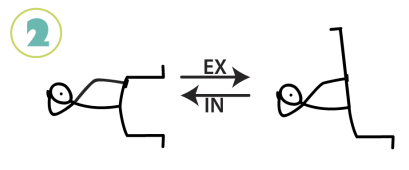
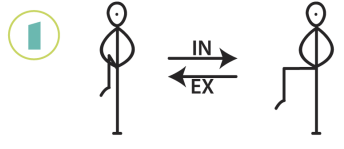
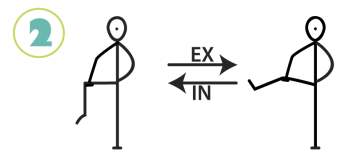


HOW TO WORK WITH "PELVIC OPENING" POSES

The "pelvic opening" group consists of poses where one leg is abducted and rotated outward. These poses are useful for stretching the structures of the pelvis, groin, inner thigh and perineal area, while at the same time they strengthen the muscles on the opposite side (hip abductors and rotators). They help restore balance to the adductor/abductor relationship.



PREPARATION: The premise here is pretty simple and applicable to any pose in this group. First we need to make sure that the adductors and abductors had been warmed up (Step 1), and then attend to the hamstrings and inner thighs in the abducted position (Step 2).

SUPTA PARVA PADANGUSTHASANA	ANANTASANA	UTTHITA PARVA PADANGUSTHASANA
		
<p>1 </p> <p>2 </p>	<p>1 </p> <p>2 </p>	<p>1 </p> <p>2 </p>

+ Include similar elements that stretch the hamstrings and inner thighs, and rotate the leg outward in other poses.

WHILE IN THE POSE: Control the position of the pelvis to make sure that it doesn't rotate toward the extended leg (place your hand on the opposite hip to monitor its position and prevent it from popping out of place). If you cannot reach the toes, keep the hand on the inside of the knee and try to extend the leg best you can. If your sacroiliac joint is acting up, stay away from those poses all together and try *Supta Prasarita Padangusthasana* instead with a similar preparation.



COMPENSATION: After you spend some time in the pose don't forget to compensate by stretching your back and taking care of the SI joint with a symmetrical prone backbend (like *Vimanasana* or *Bhugangasana* with feet wide apart).

