










## Airplane yoga: Hip focus

1		SEATED POSITION. 4 breaths.	Sit still, eyes closed. Deepen your breath. Observe how your spine moves with inhalation and exhalation.
2		CHAIR POSE. Repeat 3x, then stay in the pose for 3 breaths.	Sit up tall. Hold on to the chair in front of you or keep your hands on your knees. EX: Lift slightly off the chair. IN: Sit back down.
3	 <p>Press out</p>	KNEE PRESS OUT. Repeat 3x, then stay in the pose for 3 breaths.	Place your hands on the outsides of your knees. EX: Press your knees out while resisting with your hands. IN: Release the pressure.
4	 <p>Press up</p>	KNEE PRESS UP. Repeat 3x on one side, then do #5 and #6 and #7 on the same side. Then switch sides.	Place your hands on your right knee and lift it slightly up. EX: Press your knee up while resisting with your hands. IN: Release the pressure.
5		KNEE HUG. Hold for 3 breaths.	Hug your right knee in toward your chest.
6		KNEE DROP. Hold for 6 breaths.	Sit on the edge of the seat. Place your right foot under the chair and move it as far back as you can. Hang your right knee down and sway it slightly from side to side. Keep your chest lifted.
7		ONE-LEGGED PIGEON (if it is appropriate for you). Hold for 6 breaths. Then repeat #4-#7 on the other side.	Turn your right leg out and place your right ankle anywhere on your left thigh. Make sure that your knees are not strained. EX: Lean slightly forward.
8		CHAIR POSE. Repeat 4x.	Sit up tall. Hold on to the chair in front of you or keep your hands on your knees. EX: Lift slightly off the chair. IN: Sit back down.
9		Get up and walk around.	