Healing Hips - Practices & Principles

Apānāsana with Legs Moving in Circles or Legs Apart - Wider & Wider
Focus on Hips or Lower Back

Supta Eka Pādangusthasana Variations with a Belt
Focus on Legs, Hips or Lower Back

With Chair
With Bolster Under Pelvis - Focus on Legs or Hip Flexors/Psoas

Jathara Parivṛtti (Parivṛtti) - Twisting the Jathara Agni at the Nābhi (Belly Button)
Focus on Hips or Lower Back
IN+EX

EX → IN  OR  Stay w/ outside foot on top of thigh

OR

(use belt on foot)

For less, hips & lower back

OR

OR

Knee up

Knee down

Add blocks or bolster as needed under lower knee
Utthita Trikonāsana (Parivṛtti) - Standing Triangle (3 Triangles/angles) - Rotated Twist
Focus: Hips, Lower Back or Upper Back
Note: Any asana with "Konasana" in it, is good for hips/2nd cakra conditions

Parsvakonasāsana (Paśva)
Feet Forward

Parsvkonasāsana Parivṛtti
Mahā Mudrā

Janusirsāsana

Dvipada Pitham - Bridge - Two-Footed Stool
Focus on Legs/Feet, Hips, Lower Back or Upper Back

To stretch hip flexors/psosas

Focus on opposite hip - feet forward
Focus on knee/foot/ankle

Hip Flexor Flexibility
Feet in 3 positions
Together, hip width + met width

Hip opener
Both sides
Supta Baddha Konāsana

Use blocks to even out hip opening - external rotation

Close top hip ~ Clem shells

Open top hip

Ekapāda Rajakapotasana - Modified King Pigeon or Ekapāda Uṣṭrāsana - One sided Camel
Focus on Hip Flexors, Leg Stretches and Lower Back/Pelvic Rotation on both Sides

One arm opp to leg or same

Lunge in chair

Straight or Bent Back Knee
Cakravakāsana  
Focus on Legs, Hips or Lower Back

Anantāsana - Sleeping Viṣṇu Pose on Snake Bed (Anānta)  
Focus on Legs & Hips

Catuspāda Pitham: 4-Legged Stool  
Focus on Hips, Lower Back or Upper Back
Supta Virāsana: Supine Hero’s Pose
Focus on Knees/Quads, Hip Flexors/Psoas or Upper Back

Eka Pāda Supta Virāsana - One Hip/Leg at a Time

Setubandhāsana