






Seated Flow for Happy Hamstrings and Hips

This is a simple and fun sequence of seated postures that will open the hamstrings and hips and calm the mind. Remember to keep breathing long and deep through the nostrils. Throughout this sequence, inhale and lengthen the spine, and exhale to soften into the posture. Stay with each asana for at least five breaths before moving to the next one. As always, listen to your body and do only what you are comfortable with!

	<p>Sukhasana</p>	<p>Start in comfortable seated position. Root down through the sitting bones, lengthen the spine, and reach the crown of the head towards the sky. Take a moment to center and allow your breath to flow long and deep.</p>
	<p>Sukhasana Twist</p>	<p>Place your left hand on your right knee. Place your right hand behind your right hip. Inhale and lengthen your spine, exhale draw the left ribs forward and the right ribs back. Be with this action for a few breaths, then inhale and come back to neutral. Then, place your right hand on your left knee. Place your left hand behind your left hip. Inhale and get tall, exhale draw the right ribs forward, the left ribs back. Inhale to come back to neutral.</p>
	<p>Paschimotanasana</p>	<p>Now, extend your legs in front of you. Feet are straight out from the sitting bones and toes are pointed towards the sky. Inhale and get tall, and as you exhale walk your fingertips along side your legs, folding forward and leading with the heart. Inhale get long, exhale fold more deeply.</p>
	<p>Janu Sirsasana</p>	<p>Inhale and sit up tall. Take your right foot and place it on the inside of the left thigh. Shift your left hip back an inch. Inhale and get tall. Exhale and aim your navel towards your left pinkie toe as you fold over the extended leg. Inhale and lengthen the spine, exhale and fold.</p>
	<p>Parivrtta Janu Sirsasana</p>	<p>Inhale to bring yourself upright. Open your extended leg and bent leg away from one another. Take your left hand, palm away from you, to the inside of your left thigh. Inhale and lengthen the spine. Exhale and trace your thigh as you fold to the side over the extended leg. With an inhale, sweep the right arm in front of you, then alongside the ear. On each inhale, spiral your chest towards the sky.</p>

	<p>Upavista Konasana</p>	<p>Inhale and raise up to seated. Extend the bent leg to straight. With the legs wide, inhale and get tall, then exhale as you walk your fingertips forward. Keep the chest lifted and avoid rounding in the back.</p>
	<p>Janu Sirsasana</p>	<p>Inhale and come up to seated. Now bring your right leg in so it is extending straight out from the sitting bone. Draw in the left leg and place the sole of the left foot to the inner right thigh. Shift your right hip back an inch. Inhale and get tall. Exhale and aim your navel towards your right pinkie toe as you fold over the extended leg. Inhale and lengthen the spine, exhale and fold.</p>
	<p>Parivrtta Janu Sirsasana</p>	<p>Inhale to bring yourself upright. Open your extended leg and bent leg away from one another. Take your right hand, palm away from you, to the inside of your right thigh. Inhale and lengthen the spine. Exhale and trace your thigh as you fold to the side over the extended leg. With an inhale, sweep the left arm in front of you, then alongside the ear. On each inhale, spiral your chest towards the sky.</p>
	<p>Baddha Konasana</p>	<p>Inhale and come up tall. Bring your extended leg in so that the soles of the feet touch. Place your hands behind your hips. Lift yourself up and scoot your hips closer to your feet. Sit up tall, with your chest nicely lifted, holding the toes or ankles. Allow gravity to do the work of drawing your legs closer towards the ground. Stay here as long as you like. To come out, take the hands under the knees and draw them together. From here, you can continue your practice or move in to savasana!</p>



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