

pose

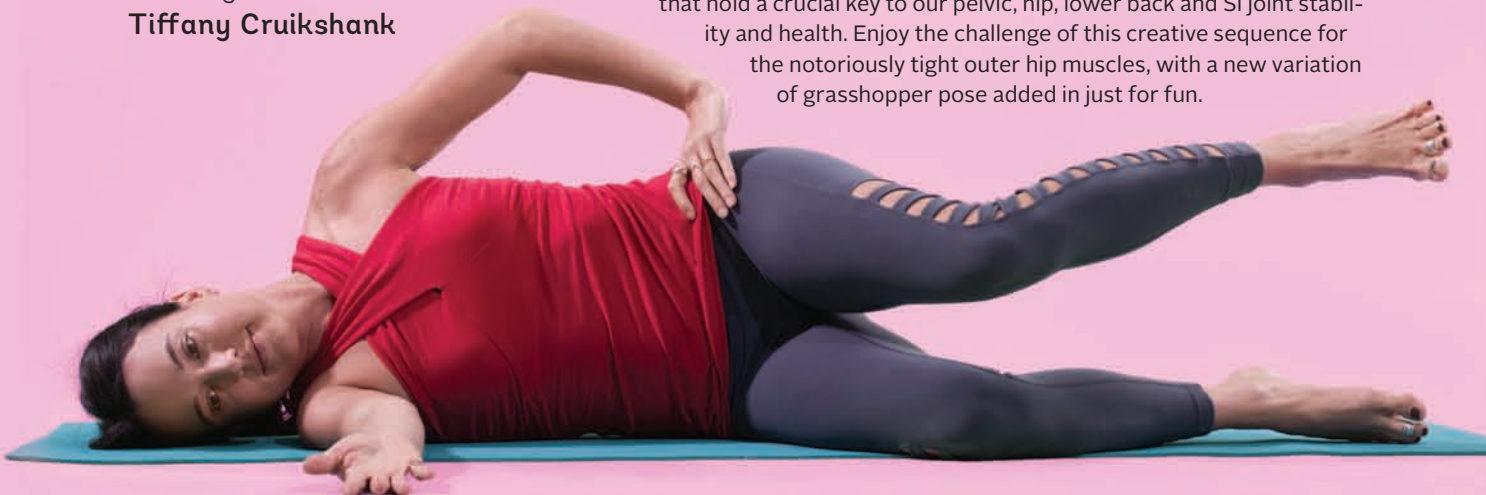
YOGA POSTURES & YOGA THERAPY



Tiffany's Hip Flow

Enjoy this playful journey towards more strength and freedom in your outer hips with international yogi and Yoga Medicine founder, **Tiffany Cruikshank**

This powerful sequence zones in on hip abduction, or the action of hugging the hips towards the midline of the body. Given just how much our hips carry and support us everyday, it is vital that we work towards building strength as well as flexibility in this area. Having the right balance between the two is crucial to long-term joint stability and injury prevention. Tiffany's chosen poses provide a nice mix of work on the ever-important outer hip muscles that hold a crucial key to our pelvic, hip, lower back and SI joint stability and health. Enjoy the challenge of this creative sequence for the notoriously tight outer hip muscles, with a new variation of grasshopper pose added in just for fun.



1. ISOLATED HIP ABDUCTION (WARM UP)

2 rounds of 10, building up to 20 repetitions.

Lie on your side with your knees bent, with one stacked on top of the other. Lift the top leg up on your inhale, keeping it internally rotated and the foot slightly higher than the knee, lowering down as you exhale. Keep your lower back and waist relaxed. This strengthens the glute medius and minimus to help create stability for lower back, hip and SI joints. *If you have a specific weakness or tightness be sure to include those postures in your practice for a few minutes every day.*



This pose helps to develop a strong core and balance, and is excellent preparation for Virabhadrasana I

2. ALANASANA – CRESENT HIGH LUNGE WITH SIDE STRETCH

Hold for 30-60 seconds.

Come to a high lunge position and reach your arm up and over towards the same side as your front knee. Keep your hips squared forward, tailbone lengthening towards the floor and your front ribs back (no back bend) as you side stretch. You will feel the outer edge of your hip in the bent knee, the TFL (tensor fasciae latae) muscle working, as well as the psoas of your back leg stretching.

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Check out Tiffany's book, 'Optimal Health For A Vibrant Life', a 30-day detox for yogis

3. VIRABHADRASANA 3 – WARRIOR III

Hold for 30 seconds, building up to 1 minute.

Keep your hips squared and hug your outer hips in to stay high in the hip joint. Hands can remain by your sides, and if you feel tired, simply tap your back foot to the floor and come back into position, building strength over time.

4. ARDHA MATSYENDRASANA – SEATED TWIST

Hold for 1-2 minutes.

From a seated position, place one foot by your outer hip and the other over the bent knee, bringing your elbow to the outer edge of your top thigh. The key to this one is to drop the hip of your top leg towards the ground, lifting and broadening your chest as you twist. This pose stretches the outer hips, spine and side waist, targeting the QL muscles (quadrates lumborum).

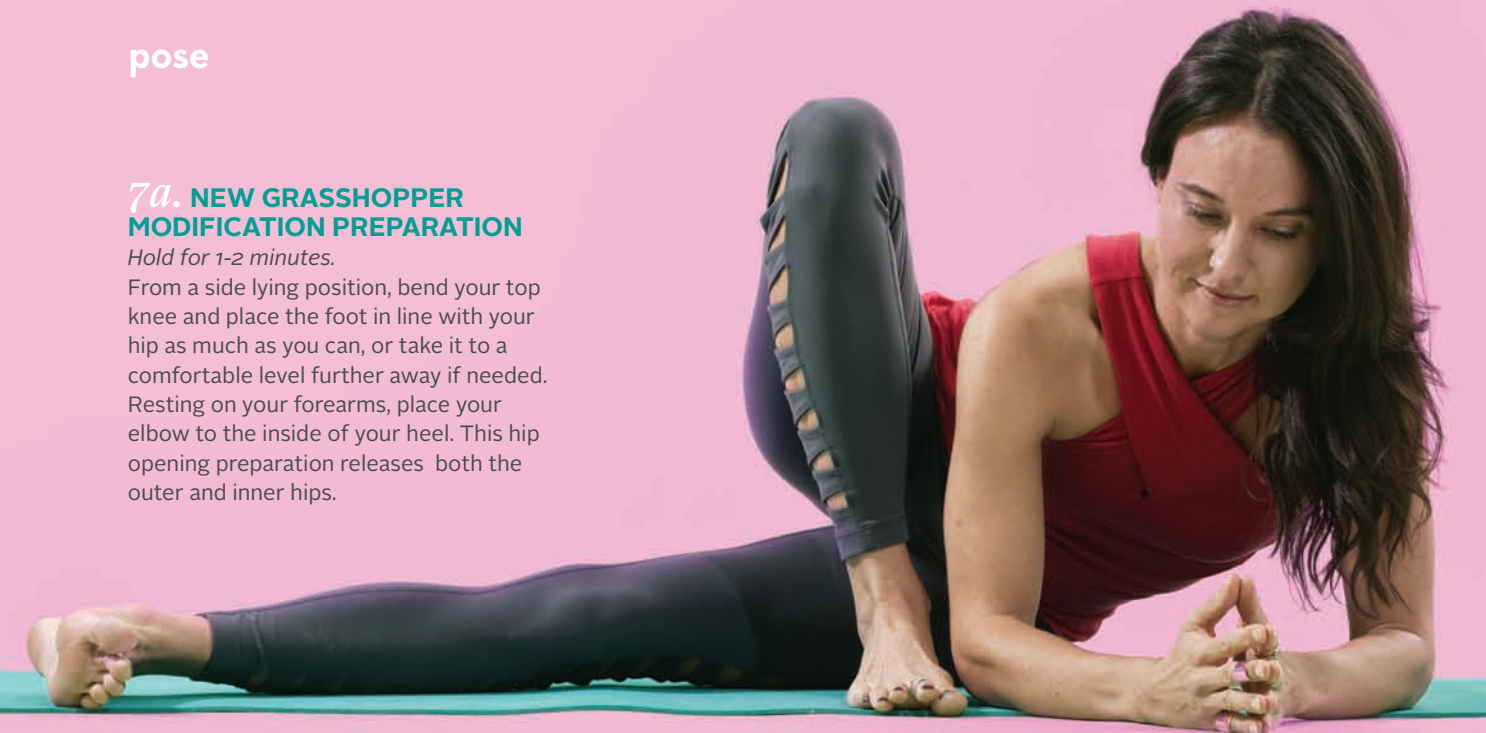


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7a. NEW GRASSHOPPER MODIFICATION PREPARATION

Hold for 1-2 minutes.

From a side lying position, bend your top knee and place the foot in line with your hip as much as you can, or take it to a comfortable level further away if needed. Resting on your forearms, place your elbow to the inside of your heel. This hip opening preparation releases both the outer and inner hips.



Stretch the outer hips, thighs and hamstrings with this pose



5. REVOLVED PRASARITA PADOTTANASANA – TWISTED WIDE LEG FOLD

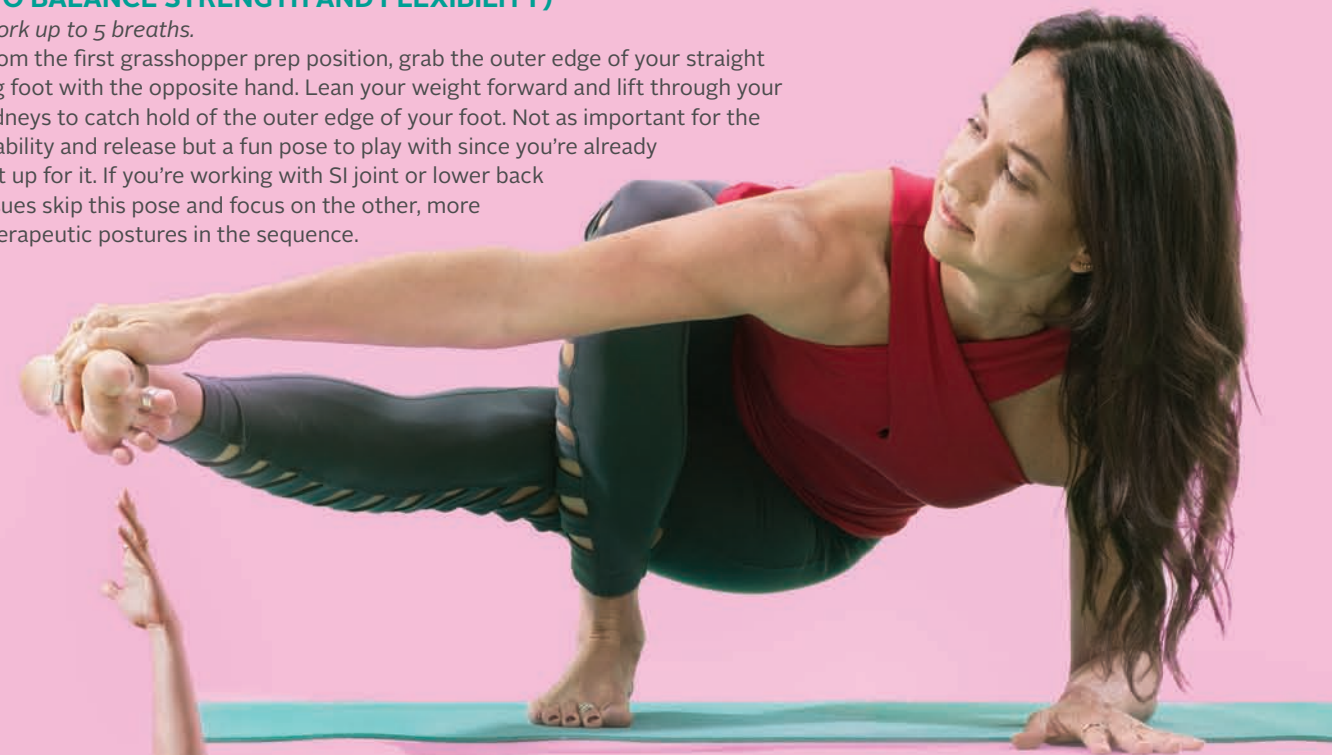
Hold for 1 minute.

Cross one leg in front of the other, flexing and rolling to the outer edges of your feet while keeping your ankles in a neutral position. To make the pose more accessible, simply bring your feet closer together and bend your knees if needed. This stretches the outer hips, thighs and hamstrings.

7b. GRASSHOPPER MODIFICATION PREPARATION (TO BALANCE STRENGTH AND FLEXIBILITY)

Work up to 5 breaths.

From the first grasshopper prep position, grab the outer edge of your straight leg foot with the opposite hand. Lean your weight forward and lift through your kidneys to catch hold of the outer edge of your foot. Not as important for the stability and release but a fun pose to play with since you're already set up for it. If you're working with SI joint or lower back issues skip this pose and focus on the other, more therapeutic postures in the sequence.



6. ARDHA CHANDRASANA – HALF MOON

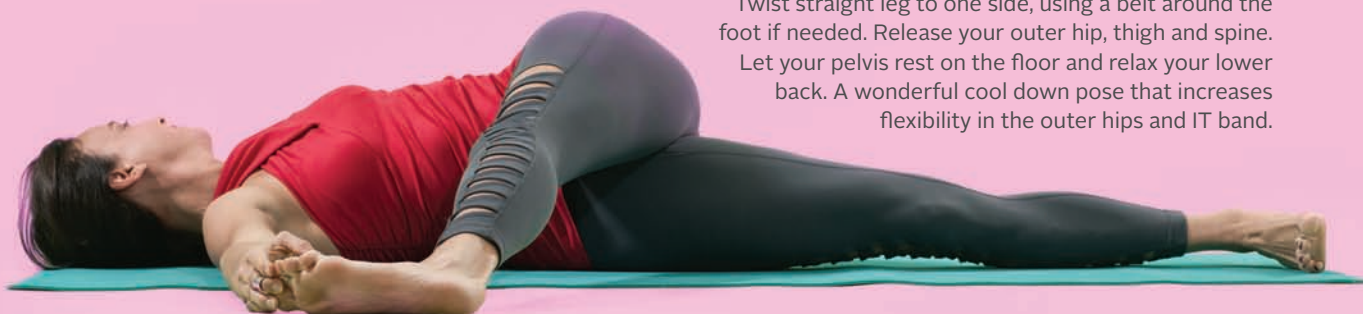
Start with 30 seconds and work up to 1 minute hold.

Keep your standing leg externally rotated while the top leg is lifting parallel to the floor and internally rotating. The key to this one is to imagine you are sandwiched between two panes of glass to keep the hips turning towards the long edge of your mat to target the glute medius, obliques and quadratus lumborum. Stay light on your hand, using a block underneath for support if needed. This is an important pose to strengthen the hip and lower back stabilisers, which include the glute medius, QL, piriformis and obliques.

8. PARAVRITTA SUPTA PADANGUSTASANA – RECLINING STRAIGHT LEG TWIST

Hold for 2-3 minutes.

Twist straight leg to one side, using a belt around the foot if needed. Release your outer hip, thigh and spine. Let your pelvis rest on the floor and relax your lower back. A wonderful cool down pose that increases flexibility in the outer hips and IT band.

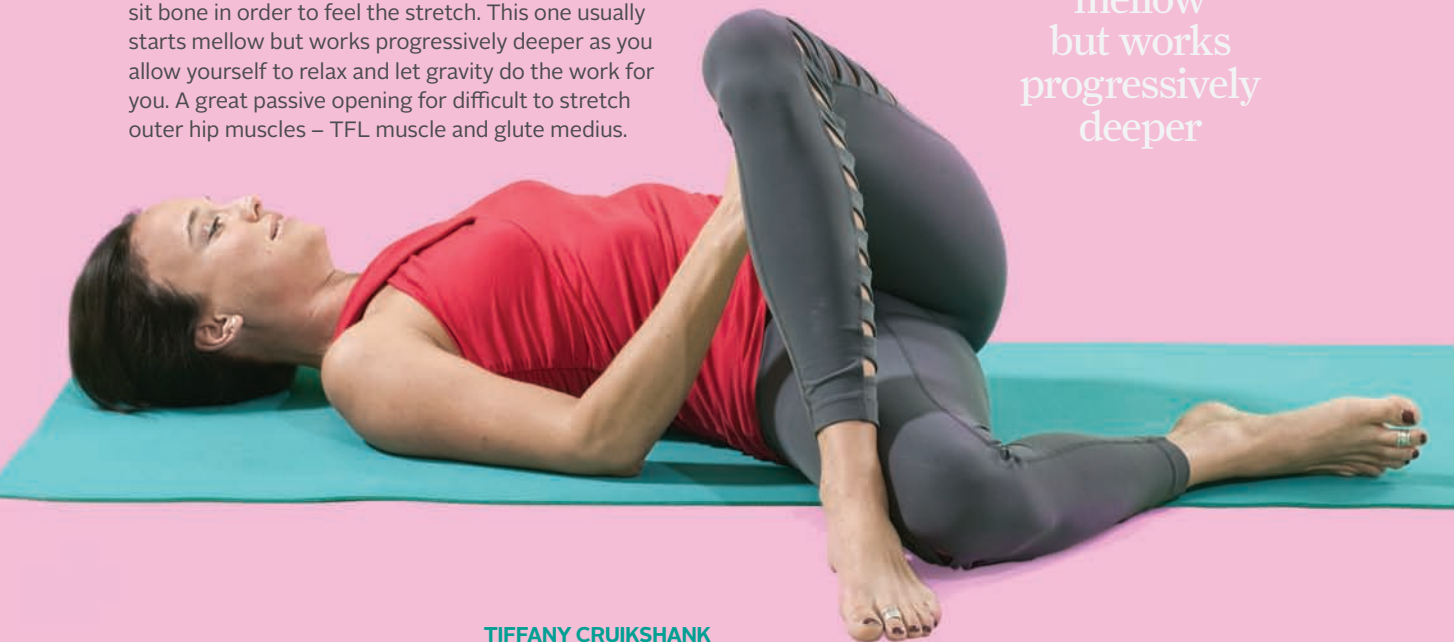


9. REVOLVED FIGURE 4 POSE

Stay for 2-4 minutes.

Lying on your back, bend your knees and keep the foot of the leg that is on the floor in line with your sit bone in order to feel the stretch. This one usually starts mellow but works progressively deeper as you allow yourself to relax and let gravity do the work for you. A great passive opening for difficult to stretch outer hip muscles – TFL muscle and glute medius.

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TIFFANY CRUIKSHANK

An international yoga teacher, author, and health and wellness expert, Tiffany is known as a teacher's teacher and has written for and graced the cover of many prominent publications. She has also been featured in various video and print ads. She is internationally acclaimed due to her ability to combine over two decades of dedicated yoga practice and study in Holistic Medicine, with over a decade of working with patients to create an effective training method for teachers to use yoga as medicine.

A Los Angeles-based yoga teacher, Tiffany was previously the acupuncturist and yoga teacher at the Nike World Headquarters in Portland, Oregon.

Tiffany has a pre-med Bachelor's degree in Medicinal Plant Biology and Nutrition, a Masters degree in Acupuncture and Oriental Medicine, and a specialty in Sports Medicine and Orthopedics.

Tiffany's strength lies in her ability to fuse the two worlds of eastern and western medicine, and apply it to the practice of yoga. With over a decade of experience working with patients doing just that, she has seen over 25,000 patients using yoga, acupuncture, nutrition and holistic health to treat the whole person, working hand in hand with healthcare practitioners of many types to provide the best possible care to her patients.

You can take a class with Tiffany on YogaGlo.com or check out her book, 'Optimal Health For A Vibrant Life', a 30-day detox for yogis.

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