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homecoming or

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‘coming back to self’ as the body folds in on itself creating an energetic cocoon, where people can reset and re-centre.

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UNDERSTANDING

HIP OPENERS .

Understanding

Hip Openers -

The hip is a

ball and socket

joint, with the

head of the

femur being the

ball and the

acetabulum being

the socket. To

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flex the hip, we use the hip flexors which are the illiac psoas, the rectus femoris and the sartorius which also rotates the hip. The hip extensors are the gluteus maximus and the hamstrings. The

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external hip
rotators are the
gluteus minimus,
piriformis,
obturator
internus,
superior and
inferior
gemellus,
quadratus ...

UNDERSTANDING

HIP OPENERS -

Safe effective

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hatha yoga poses
(asanas) and
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For Hip Openers
And Forward
Bends Full ...

Engage the left
glutes to
increase the
stretch in the
front of the
left hip. Bend
the left knee
and grasp the
ankle with your
hand or a strap

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to deepen the hip stretch. Then activate the muscles by imagining that you are trying to drag the left knee forward. Hold for 5 seconds, then relax and go deeper into the stretch.

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101: A Hip-
Openers And
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11 Deep Hip

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for Tight Hips -
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Forward Bends
Structures of
the Hip Joint
Articulating
Surfaces. The
hip joint

consists of an
articulation
between the head
of femur and
acetabulum of
the pelvis. The

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acetabulum is a cup-like depression located on the inferolateral aspect of the pelvis. Its cavity is deepened by the presence of a fibrocartilaginous collar - the acetabular labrum. The head

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of femur is hemispherical, and fits completely into the concavity of the acetabulum.

The Hip Joint –
Articulations –
Movements –
TeachMeAnatomy
Our knowledge of
how to address,
preserve, and

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Otherwise attend to the hip joint has exploded during the past decade. Prior to this new age of research, the hip was relegated to a joint worthy of no more than a tendonitis, bursitis, or osteoarthritis

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diagnosis. A person was simply a hip replacement candidate or not.

“Hip Openers” in Yoga? Please, Let's Stop The Madness ...

In the second book in the Mat Companion

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series, Dr. Ray Long shares the art and the science behind hip openers and forward bends. This companion guide takes readers on a visual narrative through the anatomy, biomechanics, and physiology

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of this ancient art, decoding each pose along the way.

Yoga Mat

Yoga Mat
Companion 2:
English Edition
Anatomy for Hip
Openers and
Forward ...

To understand how hip openers work we have to picture the

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position of the
muscle. Let's
picture the
obturator
internus muscle,
a close friend
of piriformis.
It attaches from
our sitting bone
or ischial
tuberosity to
the greater
trochanter of
the femur, a

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bony outcropping
on the side of
the hip. We can
feel both of
these pieces of
bony anatomy.

What Really
Happens in Hip
Openers | Gaia
Hip opening
poses in yoga
will have one
(sometimes two)

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of these groups as their main target area.

These muscle groups are:

Quadriceps and Hip Flexors group (4 of each) - at the front of the leg and hip;

Hamstring group (3 major and 1 minor muscle) -

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the back of the
leg; Groin,
Internal
rotators and
Adductors group
(7 muscles) - in
the inside leg
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Anatomy for Hip

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Anatomy for Hip
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This is known as

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hip adduction.

They assist the
hip flexors

(psoas and

iliacus) and

abductors

(glutes and TFL)

in flexing,

extending and

rotating your

hip. The

gracilis assists

the hamstrings

in knee flexion

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and Hip

stabilisation.

They co-contract
with the hip

abductors to

stabilise the

hips and pelvis.

IS YOUR GROIN

TIGHT? Here is a

simple test you

can do.

3 Types Of Hip

Openers To

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Loosen Up Tight

Hips | Yoga 15

HIP OPENERS

There are 3

different types

of hip

openers—hip

flexor and quad

stretches, groin

and adductor

stretches and

outer hip, TFL

and glutes

stretches. You

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should aim to incorporate all three types into your training program. You will find a number of hip-opening sequences in the Flexibility series.

Hip Openers |
Yoga 15

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The hip is a ball and socket joint, formed by the upper thigh bone (the femur) attaching to the acetabulum (the opening pocket in the lower pelvis). Ball and socket joints typically have full range of motion;

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forward,
backward,
sideways, and
rotational.

Yoga Mat

Yoga Anatomy:
Understanding
the Hip Rotators

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In this talk
José explains
what affects
your
possibilities to

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open up your hips. As you will see, it's not only tension that restricts your movements, it's also compression due to skeletal variation. When you have worked enough on the tension in your tissues (muscle

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and fascia),
eventually what
stops you from
moving is the
shape of your
bones.

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