

# HIP-STER YOGA STRETCH WORKSHOP

Hipster Yoga is 30 - 60 minutes of traditional yoga poses and non traditional stretches designed to release the hips and offer restorative flexibility for athletes, weekend warriors and anyone who battles tight hips. This session will build you up verses tearing you down so that you can take on activities in life with more flexibility in your hips. This practice is perfect for starting or ending your day with happy hips!

## **Why:**

1. Live to stretch

Feels good / Reduces stress / Improves practice and lifestyle

2. Stretch to live?

Trainer / Coach is making them stretch

Doctor is making them stretch - Injury prevention

Physical Therapist – Rehabilitation

## **Why Hips?**

1.Prevent and relieve pain from Injury due to imbalances due to athletics, lifestyle, and genetics.

2. Really almost all poses are Hip openers.

3.Tight hips can affect everything

4.Tight hips can increase load and cause over load in the spine

## **Benefits:**

1.Increased ROM

2.Increased Circulation

3.Decreased back pain

4.Opening the hips can cause an energetic shift or release as well

## **Components of a Basic Hipster Yoga class:**

Introduction to practice with personal intention, game plan and hip focus

Breathing and Warm Up

Sun Salutations

Standing Poses

Balance

Mat work

Signature Pigeon series

Final stretches

Final relaxation

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