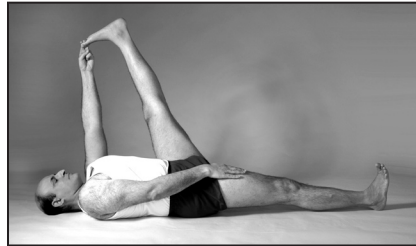


Purna Yoga™ Hip Opening Series

Yoga Centers • 2255 - 140th Ave NE, Suite F, Bellevue, WA 98005 • (425) 746-7476 • www.yogacenters.com



1. Supta Padangusthasana
Benefit: Opens the hamstrings



2. Parivrtta Supta Padangusthasana
Benefit: Opens the abductors



3. Parsva Supta Padangusthasana
Benefit: Opens the adductors



4. Internal Rotation
Benefit: Opens external rotators, psoas & iliacus



5. Supta Janu Padasthilasana
Benefit: Opens internal rotators and some external rotators



6. Eka Pada Supta Virasana
Benefit: Opens quadriceps & hip flexors