

Age Less Move More

Nourish Your Hips & Heart Movement Sheet



Lying Hip Opener

Lie on your back with a strap on your right foot with your left foot to the floor keep your knee bent. Inhale, bend your right knee, exhale straighten your right leg do several times than hold extending through your heel. Hold and breathe.

With each exhale, draw the right thigh in toward your belly. Find your edge and hold and breathe.

Begin to make circles with your leg making the circles larger and larger keeping your pelvis on the floor. When you get tired make the circles smaller and smaller then bend your right leg and put your foot to the floor.

Switch sides by placing a strap on your left foot with your right foot to the floor keep your knee bent. Inhale, bend your left knee, exhale straighten your left leg do several times than hold extending through your heel. Hold and breathe.

With each exhale, draw the left thigh in toward your belly. Find your edge and hold and breathe.

Begin to make circles with your leg making the circles larger and larger keeping your pelvis on the floor. When you get tired make the circles smaller and smaller then drop your left leg and put your foot to the floor.

This movement creates synovial fluid in your hip joints lubricating them and allowing them to move freely.



Standing shoulder opener

Grab your strap. Stand with your feet inner hip width apart. Press into the outer edges of your heels, drop your tail down, snap your ribs in and down roll, your inner arms out and squeeze your scapula together. Allow your head and neck to be free.

Take your strap in your hands and place your hands in the loop of your strap or hang on to your strap. Roll your inner arms out. Inhale, do nothing. Exhale, keep your arms straight and take your arms overhead. Inhale, do nothing. Exhale, bring your arms back overhead keeping your arms straight. Keep going as many times as you can.

Drop your arms and feel the freedom in your shoulders.

You've just created free fluid movement in your shoulders.