



# TRX Yoga

Live Hip Opening Workshop



## Actions of the hip



# Actions of the hip



TRX



# Actions of the hip

TRX



## TRX Yoga Space Set Up



## TRX Yoga Hip Opening Flow Warm Up



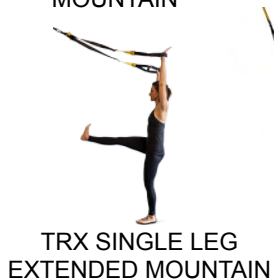
x5

TRX EXTENDED MOUNTAIN

TRX FORWARD FOLD

TRX HALFWAY LIFT

TRX FORWARD FOLD



TRX SINGLE LEG EXTENDED MOUNTAIN



TRX WARRIOR III



TRX SINGLE LEG EXTENDED MOUNTAIN



TRX WARRIOR III

x3





## TRX Yoga Anatomical cues

- CUE #1: Unlock Knees
- CUE #2: Neutral Pelvis
- CUE #3: Collar bones separate, shoulder blades slide together
- CUE #4: Lower belly draws into the spine
- CUE #5: Press the crown of the head away from the shoulders



## TRX Yoga Hip Opening Flow Series 1



TRX SINGLE LEG  
EXTENDED MOUNTAIN



TRX WARRIOR III



TRX THREE  
LEGGED DOG



TRX STANDING  
FIGURE 4

Sun Salutation A  
Repeat on other side



## TRX Yoga Hip Opening Flow Series 2



TRX RUNNERS  
LUNGE



TRX LOW  
LUNGE



TRX LIZARD  
LUNGE



TRX TWISTED  
MONKEY



TRX HALF SPLIT

Repeat on other side

TRX

## TRX Yoga Hip Opening Flow Series 3



DOWNWARD FACING DOG



HALF PIGEON



TRX DOUBLE PIGEON

Repeat on other side

TRX

# TRX Yoga Hip Opening Flow Cool Down



TRX SINGLE LEG  
FORWARD FOLD



TRX SEATED SPINAL TWIST  
(ON BOTH SIDES)



TRX SEATED FORWARD  
FOLD

TRX

Putting it all  
together



TRX