



Video Transcript

Postnatal Hip Opening Yoga Flow

Hi friends. My name is Ariana, and today we're gonna go through a 30 minute postnatal hip flow. This is by far my favorite style practice. Hips are these emotional, energetic centers of our body, whether it's right when you're conceiving throughout your pregnancy, and now in this fourth trimester. Our hips are carrying so much of this story, they're constantly supporting us.

We are holding a lot of tension there. So really use this practice as one you can come back to again and again, because I trust or I know and you should trust that your hips are gonna need it time and time again. Let's get right into it. The only props you're gonna need today are two blocks. Um, have them at the top of your mat.

If you don't have blocks, you can just grab water, bottle, anything that's a little bit higher up for you. We're gonna start on our backs, and we're gonna start with our feet in a frog pose, getting right into our hips. So once you have your blocks, your props, all good to go lying down. Have your feet kiss knees wide.

Let your palms rest on your inner thighs. Or you can place one hand on your heart, one hand on your belly. Depending on how you're feeling today or what time of the day it is. I'm gonna place a hand on my heart and belly. And once you're settled, if you haven't already, I invite you to close your eyes.

Take a moment to notice the shift in space

and energy.

Whether you're coming to your mat as you just woke up or concluding your day, this is your moment you've carved out for you.

Let each breath, each movement be intentional, and it's a practice for a reason. We show up again and again to observe, to notice. To be with ourselves as we evolve and meet ourselves exactly where we are in this minute. In this day,

as we observe our internal landscape, we'll take three breaths together in the nose, exhaling out the mouth, to let ourselves really be present, inhaling, and

exhaling out.

Inhaling in.

Exhale out.

Good. One more big in

and out.

Shifting the breath now to that nice natural in through the nose and that fiery out through the nose.

That ocean like sound that rumbles for the back of our throat, enjoying that as it carves space into those stuck tight places, especially our hips on your neck. Exhale, let the palms fall if they were in contact with the body, slowly bringing them to the thighs as we draw our knees together and give them a big squeeze into our chest.

You can flex, pinpoint the toes to roll through and soften the ankles rocking side to side to massage your back and low back, surrendering the weight of your head. Then when you're ready, you're gonna extend your left leg all the way long, drawing your right knee into your chest. You're gonna take an inhale, let the knee pull slightly away, room for the belly to fill up with air.

Exhale, draw the knee a bit closer. Inhale, let it pull away. Exhale a bit closer. Thinking knee towards armpit shoulder. And one more. Inhale, exhale. Drawing it a bit closer. We're gonna come into our half happy baby. Taking your palm towards your pinky toe edge. And same thing, I like to take my left hand, just my left hip, to really feel grounded, nice and strong Here, take an inhale.

Exhale. Knee towards chest. Notice how you feel. Super open across the front, left side of the body and a nice stretch into the right hip. Inhale. Exhale. Draw. Knee towards chest. Good. One

more. Inhale. Nice. Exhale. Knee towards chest can release that bind. Take our left hand to the outer edge of our right thigh for a single leg.

Spinal twist. Let your gaze fall towards your right palm. And this, uh, bind with the left hand to the right thigh really helps us get that outer thigh stretching into the outer edge of our hip. And glute, let the shoulders be nice and heavy. Really ease in here. There's no need to yank or pull or force this to be more than it is.

It's about showing up with how your body feels in this exact moment. So maybe the pose feels a little. Tough or sticky at first. And then as you rest into it, you can get a little bit deeper

reconnecting to that breath in the nose and out the nose.

Good on your next inhale drawing back to center, give your right knee one more big squeeze. And then switch. Draw your left knee into your chest, elongate your right leg, and same thing. We take that inhale, fill the belly up with air, let the leg fall away. Exhale, draw your knee in. Good. Inhale and exhale, creating this ease just ever so gently starting to open up our hips and that mobility forward and back.

Inhale. An exhale, extending the leg up for that half. Happy baby. Taking the bind on the outer edge of our pinky toe. You can also take a strap, a yoga strap, or a belt or piece of fabric. If it feels a little too intense to take this right away. Take an inhale. Exhale, knee towards shoulder. Inhale. Good.

Exhale. Okay. One more. In exhale. Feel that knee grating that long, almost that full split as we take it across. Release that taking the right hand to the left thigh for a half twist. Reaching the left hand long, letting the palm fall. Feeling the shoulder blades folding onto the mat. You can close the eyes.

It feels nice here to settle, to relax. Take a few breaths in through the nose and out through the nose,

opening up the outer edge of our hip, letting our spine start to soften. It's been probably a while since we've twisted in the body. So it should feel extra, extra nice

coming back to center, giving the knees a nice big hug into the chest, starting to rock forward and back goodly rock up through seated and we'll meet in our cat cow. I'm gonna face this way to start so that we can store on our right side and then I'll switch over. But you can stay facing on the front of your map.

Keep your toes untucked. Press through your palms. Inhale, open arch. Gazing up. And exhale, push the floor away, hollow the belly, rounding out. Give a wiggle if you need in your hips. Inhale

open. Gazing up. Good big breath. Hollowing out. Separating the shoulder leads, pushing them out away. A big act of pose.

Inhale, open the chest across the clavicle bone, the sternum. Good. Exhale, hollowing, round thing, chin to chest, hollowing through the belly, bringing yourself back up to neutral. Tuck the toes under and then right away we'll get into down dog. Good. Tread through the feet, side to side. Nice notice noticing the backs of the leg.

Then we're gonna walk our feet to the width of the mat, keeping our palms pressed. You're gonna bring your left hand towards the center. We're gonna take a twisted down dog. So here you wanna reach your right hand towards your left ankle. You're gonna feel this on the outer edge of our leg. You into the back of our hamstring for sure.

And this is gonna help get that outer hip, which is really our big, powerful muscle that's driving all of our walking the stairs riding. Good. Take a nice big breath. Exhale, come back to center. Give yourself a moment. Here you can wiggle into the hips to reset, keeping your right hand to the center of the mat.

Push through your right hand. Reach your left hand to the outer edge of your right. I like to look under my armpit or through that hole. It helps to really rotate through the hips. Keeping your weight center. One big breath because come back. You are gonna walk your hands, bending your knees slowly back to your feet, and sort of a wide dingle grab at your elbows, a wide rag doll as you sway side to side.

Continue to feel the outer edges of your hip stretching as you let your weight spill from pinky toe edge to pinky toe edge. Relax your head as you nod your head, yes or no till you find center if you haven't already straightening the backs of your leg.

Good. Using the breath to connect to the body. When you're ready, the palms fall down to the mat. Let the toes come out to the edges of the mat. Can move your blocks. If they're here, you're gonna sink your butt down into our yogi squat right away. This may feel pretty crunchy. At first press the elbows to the inner thighs.

Hands to heart center. Use this as a connection point. Send your chest high focuses forward breathing here. Notice where you can let go a bit. You have to give it a little wiggle. Take one more breath. Good. When you're ready, bring the palms down to the mat. Rotate back to your wide forward fold. Then heel to the feet underneath the hips when you're already soft bending the knees.

Rise up slowly to standing. Good. We're gonna walk to the top of our map before you. Facing the top of your mat. Take an inhale, reach the fingertips up overhead. Exhale, take a vine behind your low back grasping so that your wrists fall towards the mat. Inhale up, exhale, fold. Keep a soft bend in the knees, almost like the belly can hang onto the thigh.

Good. When you're ready, let the palms fall. If you're gonna bend into your left knee, place your right or left hand down. Peel all your right fingertips up. Really feel the weight. Press to the pinky toe edge of your right leg. This similar sensation we're stretching the outer edge of our hip, the outer edge of our thigh, and also feeling a little love in our chest and our heart.

Good. Exhale, come back down to center switch. Straighten out your left leg, bend your right knee. Press your right palm to the center of the mat. Peel up your left fingertips. Gazing towards the top arm, really getting that outer edge of the hip, opening up your adductor muscles. They tend to get super tight from a lot of sitting, a lot of walking.

Exhale, come back to center. Wiggle out to the knees. Feel your feet rooted in the mat. Inhale, flat back gazy. Now exhale, walk the palms down, step the feet back. Take our Chaturanga. But this time we're gonna start all the way onto our bellies. Wig, lean out through the feet. Inhale, baby Cobra. Nice. Exhale, pass through, table pose, and we'll meet in or down.

Dog. Have your blocks ready at their highest height at the front or back of the mat. Take a big breath here in our down dog. I'm gonna start with my left legs that I can face you, but I encourage you to start with your right leg. You're gonna reach your left leg long to a three legged dog. Bend your knee, open up your hips.

Feel that big stretch across your hip flexor. Square them off. Flex your toe, square your hip. Gazing at your palm. Step through to a low lunge. Lower your back knee. Right. As soon as you get into your low lunge, make sure your knee is in line with your ankle. Good. Reach your palms up overhead. And then I like to imagine that I'm squeezing my glutes just ever so slightly.

You'll notice that opening in the front of your hip, your hip flexor. Take a big inhale in. On the exhale, you're gonna reach your right hand down, your left hand to the sky. You're gonna take a low lunge twist, but here we're gonna rotate our twist. And we're gonna open up our hips. So you're gonna fall to the pinky toe edge of your left foot and the pinky toe edge of your right foot, and you're gonna reach your palm back.

This is gonna feel electric on your left hip, so let yourself fall to the pinky toe edge of both feet. A big breath in here. Exhale. Rotate it on back, right back into our low lunge. Tuck your back toes under, step it through into pyramid pose. Your blocks are here handy. Like we said. In pyramid pose, our legs are nice and wide, like a little triangle between our feet.

We're gonna take our right hand down to the block at its mid height or its high height, and we're gonna take a revolved pyramid. A lot of outer hip work today. Press for your right hand. Reach your left arm up to the sky. Take a nice big breath in here. You'll feel this outer edge of the left thigh.

Good. Exhale, come back to center. You can have the blocks out front for when you need them. We're gonna rotate to Warrior two from Revolve Pyramid. Opening out left heel draws aligned to the arch of the right foot. Ground through the palms. Gaze forward. Reach your left arm back, left or overhead, right arm and back.

Take your revolved warrior. Straighten your leg as you revolve opening up the hip even deeper. Inhale, rise up bending the knee. We're gonna come to our half moon pose, so we're gonna stack hips and shoulders. That block is right there for you. Open up for the chest, open up for the hips. Use this as much as you need or as little as you need.

Once you're here, gazing up at your top arm room right away because this is all about our hips, inner hip flexors. If it feels a part of your practice today, we'll take a half. Bind. Your right hand finds your right toes. Press the connection into your toes. Open up your hip. This is hard, y'all. I feel you.

Find that point of focus. You've got this. It's okay if you fall, bend in the knee, connect to the breath. We repeat when you're ready, eyes gaze down. Send your weight back into your warrior too. Rotate your palms back down. Step your feet back and take your Chaturanga, being careful of your box, placing them enough away, our full Chaturanga.

Open up the tops of your hips. Exhale down, dog. Go ahead. Treading out for the feet. And just like that, we repeat to the other side will take it slower so that we can really process and see what it feels like in our body. I'm gonna take my right side this time. Take your right leg long, bend your knee, step it through low lunge.

Remember lowering your back heel or lowering your back toe. Reach your fingertips up finest mole where you just ever so slightly. Tuck the pelvis to open up that front hip flexor. Big breath in. Long breath out. Left hand this time would come down. Peel the right fingertips up. Tuck the back toes under and dress like we did on the first side.

Rotate to the pinky toe edge of the front foot, the pinky toe edge of the back foot. Reach your fingertips back. Use this left arm to ground. You really feel that energy through the outer glute.

Inhale, rise back up. Its pyramid pose. Tuck your back toes in at a 45 degree angle. You can have your palms here on the blocks if you do need otherwise. Taking your left hand for our revolved pyramid, placing your hand to the block, peel your fingertips up. Notice how the hips naturally will open. That's okay.

You may have to adjust where your hands are. Listening to your body, making those choices consciously committing. Big breath hand, good long breath out. Rotating back and open. Lunging back into the front leg warrior, two big round for the thigh. Think knee tracking over the ankle. Inhale. Exhale takes you into reverse warrior, bending the knee to start reaching through the side body.

Then exhale, straightening the front leg. Inhale rising back up, passing through. Our block is right there for us. Setting it at the height you need for our half moon pose. Stacking the hips, opening up. Same thing on this side. Taking that bind, thinking foot to hand, pressing through, opening up the left hip flexor, creating space in the right side body.

So much to think about yet, so much to just embrace and be present with. Are you breathing? That's the most important. Gazing down at the palm in the foot, bending the knee. Rising back. Warrior two, windmill the arms down. We take our Chaturanga. Stepping the toes. Exhale down. Inhale up. Feel that nice stretch in the front of the hips, opening the chest.

Exhale down. Dog. Good. However, repeat it this time just a little bit faster and we'll add on one thing at the end. Take your right leg long. Three-legged dog, bend your knee, stop it through. Blow lung. I'm switching on this opposite side. Low lung. Take your right hand down. Peel your left arm up. Remember, we lift our back knee open to the pinky toe edge.

Take that big deep breath. Inhale, rise up pyramid pose. Step your back toes in. Take your block to its highest or middle height or low finger tops. Come to the block. Peel your left fingertips up. Revolved pyramid, two breaths in each pose. Exhale, coming back down, warrior two, peel your fingertips up. Root through your feet.

Root through your palm reverse warrior on the exhale. One breath here. Good. One breath straightening your back leg reaching long. Feel the whole side body opening, lifting your hip. Inhale, rise up. Make sure your block is where you need it to be at its highest height for our supported Half Moon. Stacking your hips, stacking your shoulder, gazing up.

It's a tough one. When you're ready, take that bind. If it's a part of your practice, find your point of focus. Are you breathing? I needed to remind myself this time. Good. Release the bind. Coming back to Warrior two, this time we're gonna rise up. We're gonna take a star pose into a goddess squat. Toes facing out, palms facing up.

Feels so good. Take up that space. Hands come to heart center almost, where we're taking a big grand plie in second, bending the knees all the way down. And then we're gonna bring our palms to our inner thighs. We're gonna do a couple rotations to open the hip, so you'll take an inhale to lengthen. Exhale, pressing the thighs back, making sure not to press all the way to the knees.

Then inhale. Exhale. Rotating the thighs. Rotating the spine. This feels so good. Inhale, I regularly recommend this as much as you can. Take this and make it a part of your practice when you feel like you need a little bit of an extra boost to your back and your hips. Exhale to the right. One more in. An exhale to the left.

Rise up to standing. Rotate the toes. Place the hands on the hips. Get a nice high chest. Exhale, let it all go forward full.

I really love to shimmy side to side on my wide fold. I feel like that stretches the outer edges of my hips and my thighs, but it's absolutely okay to just stay here in the center for about three to four breaths. So let this be Yogi's choice. You choose what your body needs today.

Observe your body, observe the sensations, own your choice.

Good. When you're ready, rotating back towards the front leg on your next breath. Sending the toes back. Take your Chaturanga halfway down. Inhale, open the hips and chest. Exhale down dog. Our last side. Cruising through making those choices that feel good. Take a big breath in. In a long breath out. Right leg comes long.

Three legged dog. Bend the knee, step it through. Low lunge on this side. Placing the left hand down right arm peels up. If the pinky toe edge rotation will rotate towards your front leg, towards your back leg, pinky toe edge, reach the reach the fingertips back. Get that outer glute stretch. Inhale, rise back up.

We're gonna rotate through the foot, stepping it in, pyramid pose, having our block at the height that feels best for us. You have to adjust totally fine. Peel the fingertips up, gazing towards the ceiling. Big breath in. Long breath out. Elongating the body, elongating the chest. Exhale, letting go. Rotating into Warrior two.

Step the foot back. Deep lunge. Exhale, slide the left arm back, right arm overhead. Big breath here.

And then another breath. As we straighten, elongate, take up even more space. Feel the hip opening as it connects to the spine, the oblique rising back up. We're gonna rotate into our half moon pose, stacking our hips. You can take your block again to its highest height. Its middle height, opening up shoulders opening up chests.

Finding a bit of stillness to get settled in. Then taking that bind, good, finding a point of focus, rooting through your foot, feeling grounded in your breath.

Nice. When you're ready, gazing down to the palm in the foot. Rising back to warrior two. I'm gonna face you, but you're gonna rotate again. And this time go right into your wide forward fold and see your hips to get nice and tall. Exhale, fold over. You can slightly pigeon toe the feet. In this time we're gonna take twist from side to side.

So you're gonna shift your weight all the way into the pinky toe edge of your left foot. Reach your left hand to find your right ankle and then peel your right hand to your lo back. We will take two breaths here

on that third exhale. Release the vine behind your back. Come back to center and give a little wiggle right to left. Shift all of your weight into your left uh outer edge of your left foot. Your left pinky toe edge right hand to your left ankle. Peel your left fingertips up. And back and find that nice rotation.

You may even feel this in your inner thigh, which is just a treat, sort of like a double whammy.

Good. Coming back to center, giving that wiggle from side to side, rotating back towards the top of the mat, taking our last Chaturanga and meeting into child's clothes. Tucking the toes back halfway down. Inhale, open up. Big breath. Exhale down dog. Good. When you're ready, lowering the knees, letting the big toes kiss, sending your hips back nice and wide.

Resting your forehead and noticing how your hips feel. If you have little ones near you in the room, have them come and press onto your back, your low back. It's the best feeling after a hip opener. When you're in child's pose, hot tip, tell them that they can start taking yoga with you just to give you adjustments.

Resting your forehead. Breathing here. Transitioning to that slower part of our practice now, allowing this quiet space to help you observe where you'd made shifts and changes.

When you're ready, you'll walk the palms back, lifting the chest up. You're gonna come to seated. You can swing your legs out front. We're gonna take shoelace pose, but first you can wiggle through the knees, feel your hips nice and rooted. I'll face you, but you can have your legs long on your mat. In shoelace pose, it's exactly sort of what we're describing.

You wanna create a shoelace with your legs. So I'm gonna start by talking my left foot underneath and my right over top. I wanna stack knee to knee, and then ideally my shins will come as parallel as they possibly can. Mine just don't do that. I think they're just a bit tight. But is your choice of listening to your body, so stack your knee to hin, to hin.

Do what feels good first. Feel a nice long spine. Nice. And then exhale, gently inch your chest forward. Resting, sometimes my chin falls to my knee. We'll be here for about three to four breaths at first, and then an additional three breaths, Stickle just a little bit deeper.

You may notice that you can make adjustments as you breathe and let your body fall into the pose, and that's great. Embrace those open spaces.

Good. Notice where the mind wanders to something that feels tight or difficult. Can you rest in that uncomfortable space for just two more breaths? We'll be here. Maybe take them deeper.

Observe the story that the mind tells us when we're in something that's difficult. How can we send love and compassion into that space?

Exhale, letting it go. Inhale, walking the palms back, unwinding the legs. The best feeling shaking through the knees, bring the fingertips forward and just windshield wipe from side to side. Nice and easy. Good. We'll take the opposite side to balance out. Tuck the right leg underneath. Remember stacking knee to niche and edition.

Cross the left over top, bringing the shins as parallel as they can. Really make sure your sits bones are rooted here. If your hip is lifted up, it's not gonna be as effective or deep as a stretch. So. We wanna make the most of our time here on the mat. Once your hips are rooted, your chest and spine is tall, slowly inch forward.

And again, we'll be here for a couple breaths together.

Always an opportunity to check our internal landscape.

Noticing where we hold intensity. Stuck energy, stagnant energy. This pose is such a great pose for breaking up that stuck energy and creating opportunity and space for something new.

Two more breaths here. What can you let go of? What are you ready to release?

On that next exhale, slowly walking the palms back, uncrossing the legs, wiggling out through the knees and the feet. Good. You can face the side of your mat. Give a little windshield wipe from side to side, just massaging the inner and outer thigh. Eye good. And then we'll slowly come onto our back.

Grabbing behind your hamstrings. Rolling back down. Back where we started. Give our knees a big squeeze. You deserve it. Feel so good. Massaging the low back flex and point the toes. And then when you're ready, we'll extend the legs long. Taking our final resting pose here, placing your hands either one hand on your heart, one hand on your belly, or fully surrendering to this moment, letting the palms face up.

Closing your eyes if you haven't already. And giving ourselves this space to be quiet. To just notice what it feels like to be you on your mat in this moment.

Nowhere to go. Nothing to do right now. But just rest savoring this little slice of solitude, even if it's just one second that we can get these days.

Just one inhale, one exhale, one moment of calm.

Let that be what you need to fill up your cup to reach her.

I will greet you in a few breaths. Friends, enjoy this quiet space for the next three breaths.

Slowly inviting and just subtle sensations. Wiggling the toes, brushing the pad of the thumb into each fingertip,

noticing the breath, getting just a little bit deeper in the body.

If it feels good to you, you can stretch the arms overhead, like a morning stretch and letting them take you to the right or left side into a fetal position.

Pausing here for the moment, just enjoying what it feels like to rest, to let your body just be, you can slowly push up to seated when you're ready. I like to sit on a block, if that feels good. If your hips still feel a little tight, we'll close in a seated position. You can keep the eyes closed if it feels good, bringing your palms to heart center.

Once you're seated. I'd like to thank you for sharing your practice with me and allowing me to share my practice and knowledge with you. May the light in my heart bow and honor the light in your heart.