

Purestretch with Beat - Album 5

Track 3 / Hip  Kindred Spirit

○ = 4 beats T = Transition o/s other side

QUICK TIPS

The mat can face either way, option for blocks or yoga cushions to sit on

SET UP

Kneeling on the mat



- 1 8 Hip thrusts (on last thrust stay there to transit to lunge) ○○○○○○○○
- 2 8 Lunge and lengthen ○○○○○○○○
- 3 Gentle Hip Fold ..Gentling working into the Hip Fold (easy cow pose) ○○○○○○○○
- 4 Hip Fold (Move foot to go deeper into pose) ○○○○○○○○
- 5 4 Quad stretch (pulling foot back) / Sit back to open hip ○○○○ / ○○○○

Break

Repeat 1, 2, 3, 4, 5

Make a note: