

Hip Opening

We are going to lie down on our back. Feet can be hip-width apart, letting them fall outward. Arms at your sides, with the palms facing the floor. Feel the points of contact with the ground becoming very alive; the body settles there spontaneously.

Let the body settle until you feel that the body is totally supported and taken care of by the floor. Take contact with the sensation of unity of the body—feeling everything at once.

Become aware of the left leg. The left knee rises; the foot slides, and then the leg moves toward the torso. We can come and place the ten fingers around the knee. Let the weight of the hands act, releasing the elbows and shoulders.

As if there were an imaginary object behind the right foot, you push this object away with the heel. Feel how you thus flatten your back against the floor; the lumbar and cervical regions spread out and settle.

We are going to let the right hand slide along the floor. With the left hand, we are going to guide the knee toward the left. Very tranquilly. Do not let the right side lift off the floor. Feel what's happening in the left hip and left shoulder—no need to tense them. The breath is fluid; the face is relaxed.

Good. And the knee returns. I'm going to let the left arm lengthen to reach for the foot and place the palm on the arch of the foot. If this is difficult for you, you can always take the big toe or the ankle—see what's possible for you.

From this tactility, the leg stretches upward. Be careful: we are not here for maximal stretching. We see how far the body can go, but the left shoulder and left hip must remain constantly relaxed. It's simply the hand resting on the foot; don't have a "grip" on the foot. The breath flows.

Long exhalation. During the pause after the exhale —during the empty pause—, you can draw the viscera in. You can do an Uddiyana Bandha if it feels appropriate. Release. The inhale invites itself.

Long exhalation. Perhaps another Uddiyana Bandha if you are familiar with it—drawing the viscera toward the floor and upward.

The right hand slides out to the side until it's in line with the shoulder, palm down. Very good. Now, let the left leg descend and open toward the side. The arm follows passively. Always be careful to keep the entire right side well adhered and fixed to the floor.

The rhythm comes from the breath. The right arm continues its path until the hand is overhead, in line with the torso on the right. If you have no shoulder issues; otherwise, adjust.

Feel the three directions: the two legs and the right arm. After an inhale, stretch the body in these three directions. Feel how elastic the physical body can be, and how the energy body is infinite. You can stretch into these three directions. Release a little and repeat. Feel what is tense, feel what is released—just notice. Everything is fine.

When the time for the pose feels complete—you can even pause the video to feel your own timing—, we release the leg, bend it, and return to the initial position, lying on the back. Let the pose "act" upon you.

Feel the left side, the right side. Let the sensations deploy; there is nothing to do for the body to settle.

Awareness of the right leg. The right knee rises, then the foot; the leg moves toward the torso. Interlace the ten fingers around the knee. Point the toes of the left foot toward the sky, and as if we were pushing an imaginary object across the floor toward the wall over there with the left foot. Feel the back flattening, the lumbar and cervical regions spreading on the floor.

Slide the left hand along the floor. Place the right hand on the inside of the right leg and gently guide the leg toward the right. How is the breath? Observe—it happens within you; there is nothing to do. The body breathes.

Good. The leg returns; the arm returns. Let the right arm slide; place the palm on the right arch. Take the time to let any dynamism in the arm or shoulder resolve. Let the leg explore upward. If you feel resistance, stop. Take the time for the resistance to dissolve before continuing. How far can the body go? It doesn't matter how far; let it happen in a state of listening.

The left hand opens to the left to come into the line of the shoulder. The leg descends toward the right. The arm accompanies it passively. Be careful to keep the entire left side adhered to the floor. The body breathes—don't block the breath.

Perhaps an Uddiyana Bandha: every time after the exhale there is a "false inhale," all viscera drawing in toward the lower back and upward. Release, and the inhale springs forth. The left arm continues its path until the hand is overhead, in line with the torso.

Feel the three directions here: both legs and the left arm. After an inhale, stretch the body in these three directions. The physical body is elastic; the energy body can stretch infinitely. Contact. Long inhale, long exhale. After the exhale, Uddiyana Bandha if it's right for you today.

You feel the pose is complete. Release the hand and return to lying on the back. Take the time to let the pose act within you. Let all sensations deploy. Whether tense or released, the body has the right to express itself.

Take all the time you want to let the pose act within you. Then, when you feel it is complete, you can turn onto your most spontaneous side and gently come into a seated position.

Let a natural verticality settle. The crossed legs settle. Do nothing more. Let yourself be.

Fin.