**Practice 2: Releasing Tension in the Hips & Psoas**

* Sun salutations with focus on supported lunge
* The Purna Yoga Hip Series
* Supported lunge with two block, lifting back leg on exhalation 5 times
* Warrior I variations:  with back heel up wall, with block in front of the shin and toes up wall - chest in cobra, with back heel on blanket - focus on internal rotation of back thigh and head of the femur moving back
* Deepening groins in downward facing dog
* Prasarita padottonasana
* Bhujangasana with adjustment and moving spine into the body
* Setu bandha with block between the legs
* Supine legs crossed
* Savasana with legs supported over bolster