

## Psoas Yoga Sequence

- 45 mins
- Beginners Level







- Increasing the range of stretch with the psoas muscles
- Hips and Lower Abdomen

## Yoga Sequence for Psoas: Psoas Yoga Sequence

Often, when yoga teachers hear their students complain of tiredness in their [legs](#) or stiffness in their [lower back](#), it is always best to address their [psoas muscles](#).

The psoas muscles are considered the deepest of the [core muscles](#), and there are two of such muscles. These muscles are present on either side of the torso and they connect the spine and the legs, creating a bridge between the upper and lower body. Known as hip flexors, these muscles are buried deep within the center of the body. As per the human anatomy, the psoas connects to the sympathetic nervous system which are responsible for "fight-flight-freeze".

In the given yoga sequence, the main focus is on [standing yoga poses](#), with special attention to [hip opening poses](#). The combination of lengthening, [stretching](#), contracting and [strengthening](#) of the psoas muscles are seen in these 20 poses. In order to get the best from this practice, yoga teachers should encourage their students to be aware of their psoas muscles in action. With time the psoas muscles can help reduce [back-pain](#) or any kind of stiffness related to the shoulders, hips, back and legs. Included in the sequence is also a short mini flow in [Ashta Chandrasana Arms On Hips Vinyasa](#) (Crescent High Lunge Pose Arms On Hips Flow) that has both the combination of stretching and contracting the psoas, while the hips and knees are flexing in the flow.

<p>6B Inhale-Exhale 1m</p>  <p>1. <b>Palm Tree Pose</b> • Urdhva Hastotanasana</p>	<p>Inhale-Exhale 6m</p>  <p>2. <b>Sun Salutation</b> • Surya Namaskar</p>	<p>6B Inhale-Exhale 1m</p>  <p>3. <b>Standing Wind Release Pose</b></p>
<p>6B 1m</p>  <p>4. <b>Tree Pose</b> • Vrksasana</p>	<p>6B Inhale-Exhale 1m</p>  <p>5. <b>Revolved Hand to Big Toe Pose</b> • Parivrtta Hasta Padangusthasana</p>	<p>6B Inhale-Exhale 1m</p>  <p>6. <b>Revolved Chair Pose</b> • Parivrtta Utkatasana</p>

O.S.

7. Repeat Other Side

24B

4m



8. Repeat Poses Arrow

6B

Inhale-Exhale

1m



9. Five Pointed Star Pose • Utthita Tadasana

6B

Inhale-Exhale

1m



10. Intense Leg Stretch Pose D • Prasarita Padottanasana D

6B

Inhale-Exhale

1m



11. Extended Triangle Pose • Utthita Trikonasana

6B

Inhale-Exhale

1m



12. Extended Side Angle Pose • Utthita Parsvakonasana

6B

Inhale-Exhale

1m



13. High Lunge Pose • Ashta Chandrasana

6B

Inhale-Exhale

1m



14. Warrior Pose II • Virabhadrasana II

4B

Inhale-Exhale

1m



15. Reverse Warrior Pose • Viparita Virabhadrasana

6B Inhale-Exhale 1m



16. Airplane Pose II • Dekasana II

4B Inhale-Exhale 1m



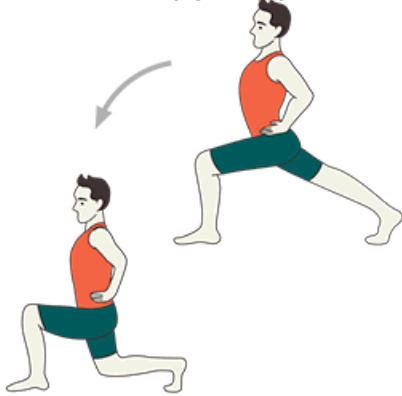
17. Low Lunge Pose • Anjaneyasana

6B Inhale-Exhale 1m



18. Crescent High Lunge Shoulder Opener • Ashta Chandrasana Shoulder Opener

4B Inhale-Exhale 1m



19. Crescent High Lunge Pose Arms On Hips Flow • Ashta Chandrasana Arms On Hips Vinyasa

8B Inhale-Exhale 2m



20. Upward Forward Fold Pose • Urdhva Uttanasana

O.S.

21. Repeat Other Side

10m



22. Repeat Poses Arrow

8B Inhale-Exhale 2m



23. Upward Forward Fold Pose • Urdhva Uttanasana

5m



24. Corpse Pose Variation Bolster • Savasana Variation Bolster