



Yoga Stretches for Your Psoas Muscle



1.

Gently lay on your mat or carpet, place your feet hip width apart. Keeping your knees aligned (you can use a block if you have one as shown in image above). Slowly inhale and lift your hips away from the ground ensuring your arms are beside you and palms press into the ground beneath you. Focus on the front of your hips and breath into the stretch.



2.

One stretch you can try at your desk is a modified “Boat-Pose/Navasana”. First bring your body closer to the edge of the chair. Slowly lean back with your spine straight. Please make sure the soles of both your feet remain on the ground and your core muscles are engaged. Imagine your belly-button is attempting to reach your spine. Relax your shoulders and then lift your arms forward with fingers spread wide. Take deep and gentle breaths focusing on your hips.



3.

If you feel that the asana (posture) above is not stretching your psoas muscle enough and want to give yourself more of challenge try “Boat Pose/Navasana”. Sit on your mat, with both sitting bones grounded and then gently lean back with your back straight as you engage your core stomach muscles as you lift your legs off the ground. Relax your shoulders and your face muscles breathing into your stomach, hips and thighs.



4.

This posture “Supported Anjaneyasana” is great as you can use the chair to balance while in the stretch. Move your body to the edge of your chair and bring your hamstring (the back of your thigh) against the chair ensure that your front foot is pressed evenly on the floor. Your back leg will be stretched out behind you as you firmly place the ball of foot on the ground and breath as you push your tailbone down and your hips forward. You should feel a stretch along the front of your back leg and hip. (Do the same on the opposite side)

5.



If you feel you no longer need the support from your chair you can move into “Anjaneyasana”. I suggest you place a blanket or small pillow under your back knee to avoid injury or unnecessary pressure on your knees. As you breath push your tailbone down and your hips forward. You should feel a deep stretch in the front of your back leg, hip, and groin. (Do the same on the opposite side)

These are some of the stretches you can try at your desk or within a private area of your choice. Remember to breath and connect while envisioning your psoas muscle releasing any emotional stress as you stretch into your state of rest and relaxation. Remember Your Time Is N.O.W.