

# Anatomy Asana

## Hips

Mary Geibel

- supports weight of body
- pelvis alignment affects balance
- femur + acetabulum = ball/socket joint
- highly mobile joint: flex/extend, ab/adduction, internal/external rotation
- hip ligaments strongest in body
- major muscles of hip:

iliopsoas

tensor fasciae latae/iliotibial band

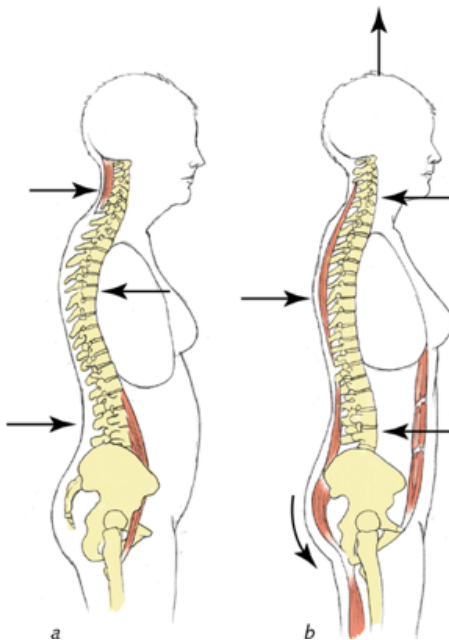
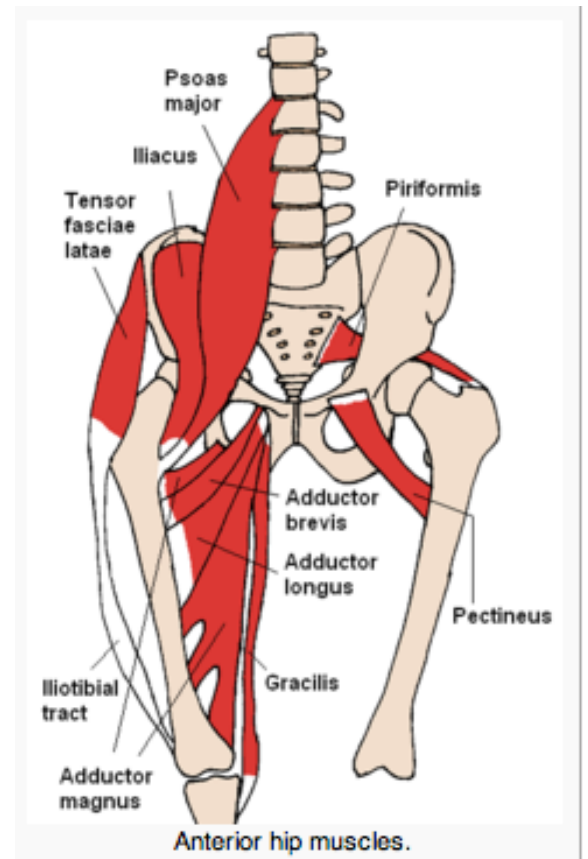
rectus femoris

sartorius

hamstrings

gluteus max/min/med

piriformis



### 'not so good'

poor posture  
spinal curves pronounced  
no muscular/organic energy

'stuck in sagittal plane'  
fetal position-chair-car-couch

excessive sitting

unconscious pelvis alignment  
on/off the mat

weak pelvic floor muscles

weak transverse abdominals  
'where are those anyway?'

ignoring glutes/ iliotibial band

forward bending emphasis  
on/off the mat

### ahhh....better

'if all else fails, lengthen up!'  
core engaged, tailbone  
lengthens, head lifts

get on floor and change your  
seated position

intentionally plan sedentary with  
activity


thigh bones back, lengthen  
tailbone

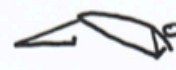
mula bandha

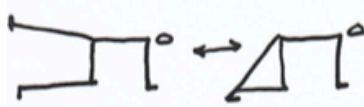
hold natural lumbar curve,  
lengthen tailbone (subtle!)


strengthen/stretch

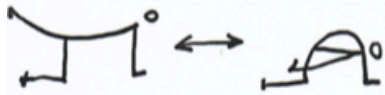
backbend/twist/lateral  
movements


 cat/cow hips

 janu sirsasana

 leg lifts, stable spine

 reclined cow face  
(tailbone on floor)




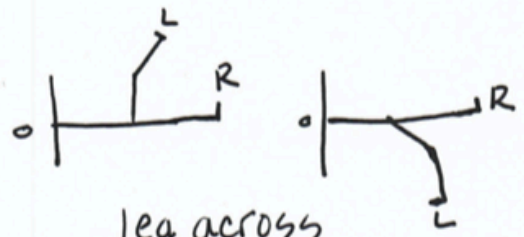
 bridge

 warrior I series




triangle to modified side angle to half moon  
(root tailbone)

 align pelvis in mountain





leg across  
body / out to side  
(root shoulders)

 standing  
splits (glutes)

 pigeon

 quad stretch

 lizard

 extended angle  
(BREATHE!)