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Ultimate Hip Opening Yoga Guide: Exercises For Tight Hips & Hip Pain: 4-Week Yoga Guide W/ Videos (Beginner Yoga Guides Book 1)



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Synopsis

Ultimate Hip Opening Guide to Opening Tight Hips at Home with Yoga!This book is a 4-week hip opening training plan designed for beginner to intermediate yogis. Benefit from *tons* of insider insight on how to best open your hips, with tips and tricks that are NEVER discussed in the yoga studio. Beginners - melt into your hips through juicy yin yoga sequences (free videos are included in this guide).Intermediate yogis - achieve advanced poses like Birds of Paradise through this methodical training plan and track your progress (vinyasa yoga sequences are included too!).If you have hip pain or discomfort, this book is for you! The yin-style classes and insider tips on hip relaxation are exactly what you need to begin to soften this area. Hip opening is a physical and *mental* game. This training plan dives into the mindset behind hip opening and what you should be thinking in order to relax in challenging yoga poses like Pigeon. Author Brett Larkin is one of the leading yoga instructors in the world running global retreats and certifying other teachers through her own yoga teacher training. Her yoga sequences are infused with dance-like transitions, spiral movements, and a detailed attention to the breath, creating a workout that is serene, strong and playful. Brett teaches at companies like Google and Pinterest, as well as through her YouTube channel and membership site, where hundreds of thousands of students take her classes for over 1.5 million minutes every single month.This training guide consists of 16 COMPLETE HIP OPENING YOGA CLASSES. You simply copy and paste the link at the end of the book to do the video exercises directly with Brett. These special classes for tight hips are designed to alternate between effort and ease, and to open and melt the hips from a myofascial release perspective. You will be AMAZED at how much progress you make when you compare your hip flexibility from Week 1 to Week 4. Along with each video is a description of what to focus on in that video with lots of insider tips from Brett. In the book introduction, Brett walks you through the *4 key perspective shifts* and *micro-adjustments* she made when first opening this area of the body that lead to pain-free, open hips. ItÃ¢â ¬â„¢s time for your hips to be open and pain-free the way nature intended. Begin today! Move through these routines at your own pace or in the weekly schedule Brett sets. Let’s go!P.S. If you’d like to check out my other yoga training guides simply type in ’Brett Larkin’ in the search bar!What Past Students Have Said About this Guide:"I love this flow. The first time I attempted birds of paradise was 3 months ago and I was able to pop up into the pose but immediately fell over. Then a month later I tried it and was able to hold the pose for a short time on one side...I love when I can physically see the progress my body is making! I will definitely be coming back to this video!"- Paola S."I really like this flow. The first time we did this, I was surprised that I could get into Birds of Paradise Pose at all. Definitely noticed the difference!"- Lisa H."Oh I

love this flow. I felt so full of energy (at times I couldnÃ¢â ¬â„¢t stop myself from smiling), and at the end I almost ALMOST straighten the leg inside my bind!!!"- Victoria C."Wow! This was amazing for me! I got a stretch/intensity all the way down through the ankle, especially on the right side. I guess this is something I should do more often!"- Jen N.

Book Information

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Customer Reviews

I wasn’t able to use it at all. I couldn’t open any of the videos, neither on my phone nor on my laptop.

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