

# Hips & Legs Flow



1

Place one leg inside the hammock, fully covering the entire leg.



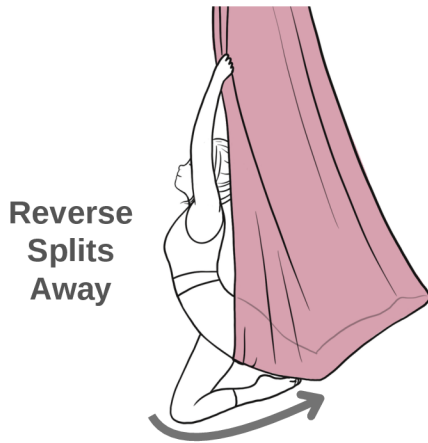
2

Turn your back to the hammock



3

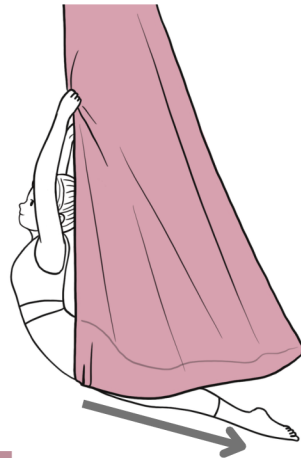
Hold the hammock overhead with both hands



Reverse  
Splits  
Away

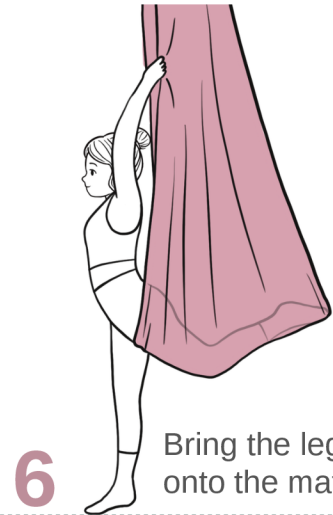
4

Bring the bottom leg up



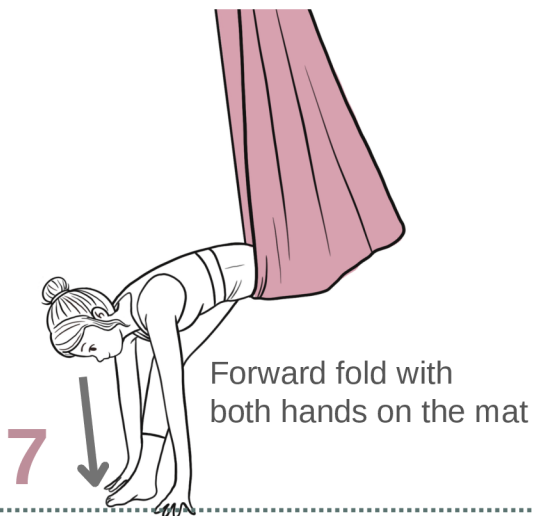
5

Kick the leg to the back



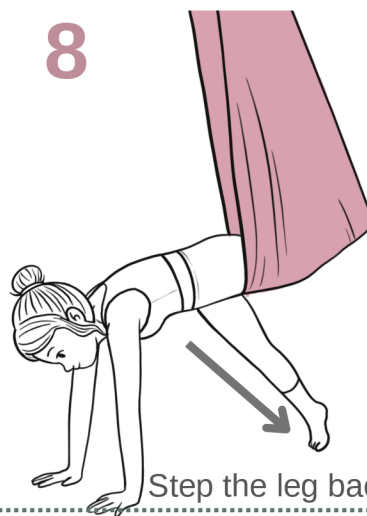
6

Bring the leg down onto the mat



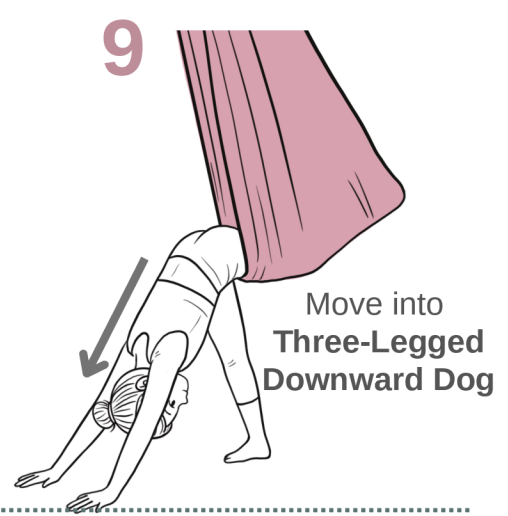
7

Forward fold with both hands on the mat



8

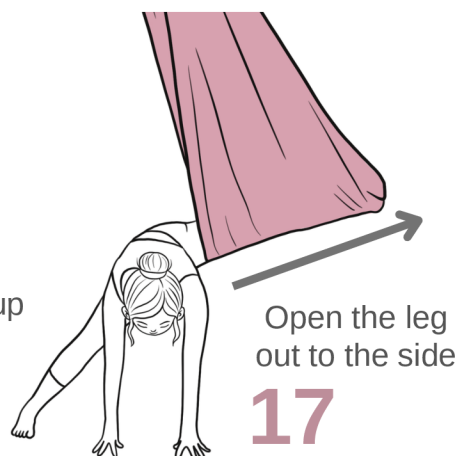
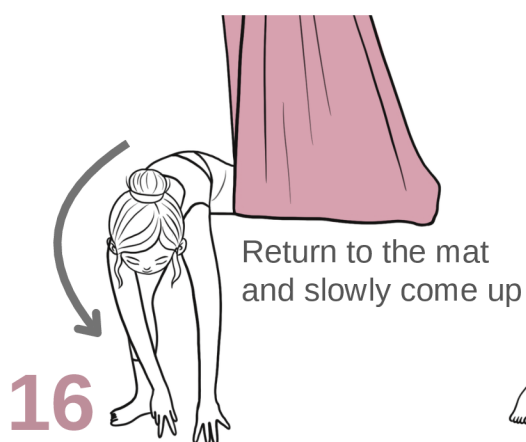
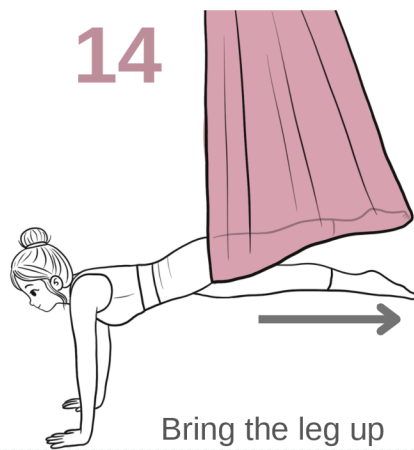
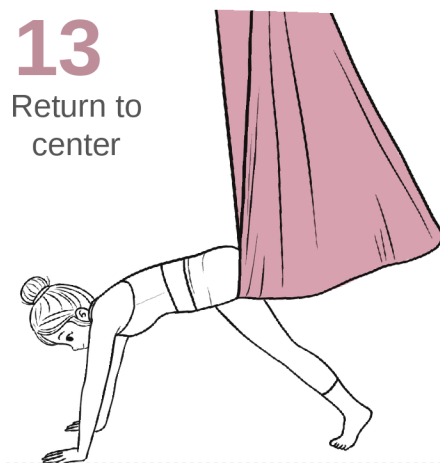
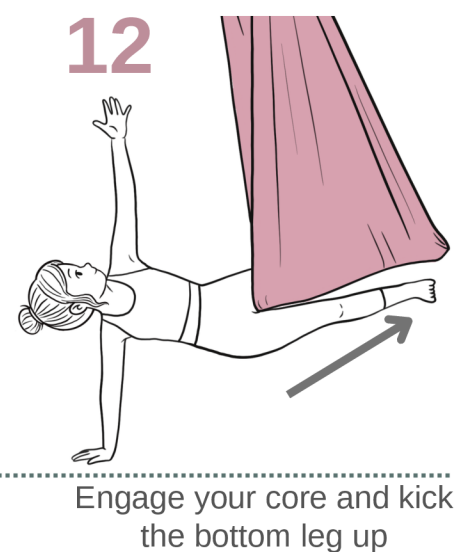
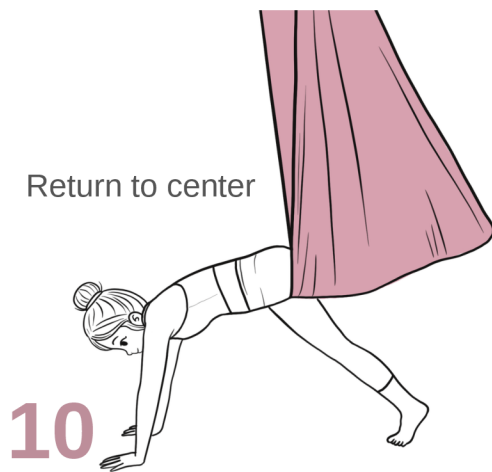
Step the leg back



9

Move into  
Three-Legged  
Downward Dog

# Hips & Legs Flow

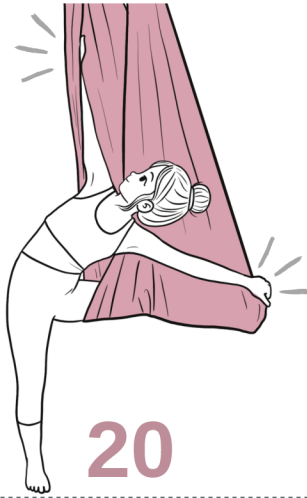


# Hips & Legs Flow



19

Stand tall with both hands reaching up



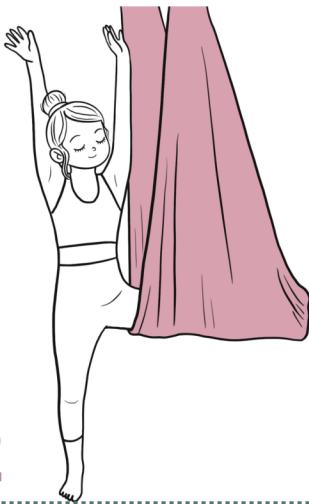
20

Hold the foot inside the hammock with one hand and hold the hammock overhead with the other hand.



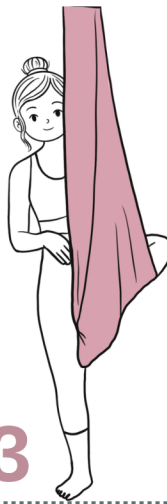
21

Open the leg out to the side



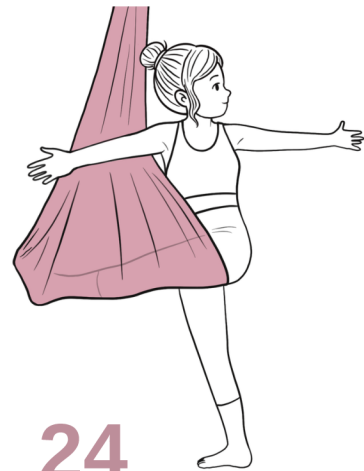
22

Return to center



23

Bend the knee and bring the hammock toward the opposite side



24

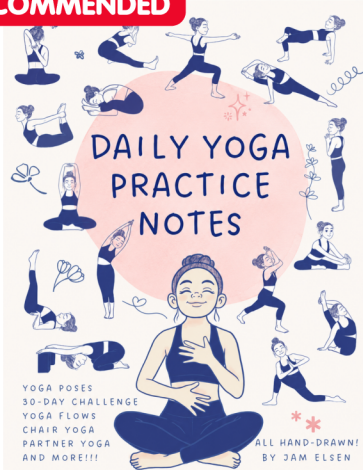
Move into **Easy Twist Pose**

# Hips & Legs One-Page Flow

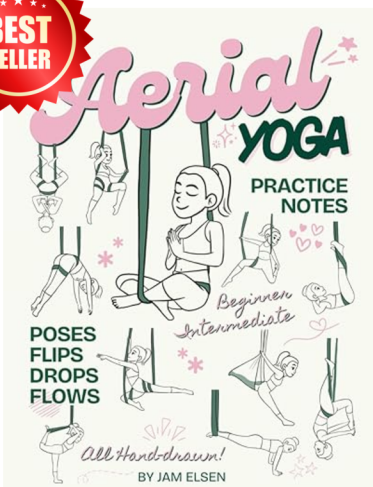


# LIKE PRACTICING STEP BY STEP LIKE THIS?

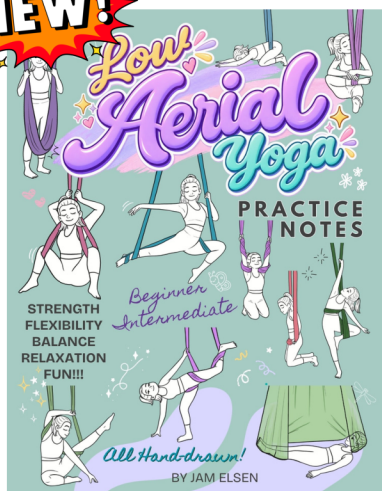
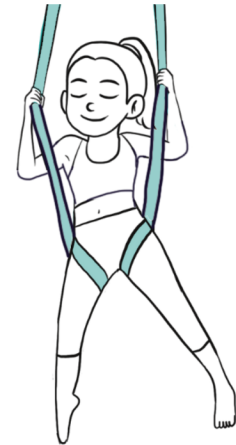
Stay tuned — I'll be sharing more PDFs soon!  
Or, if you want more poses, flows, and practice notes,  
check out my books on Amazon.com



## Daily Yoga Practice Note



## Aerial Yoga Practice Notes



## Low Aerial Yoga Practice Notes

