



Thoughtful
Actions

Psoas Muscle Class

One Hour Class

Yoga Postures

1	Downface Warrior - 8 breaths	20	Tree with a squeeze <ul style="list-style-type: none"> • Draw your right elbow to your right knee • Keep your back on the floor • Squeezing as you go • Torso back to centre • 8 reps
2	Balasana - 8 breaths	21	Half Curl
3	Sphinx - 8 breaths	22	Do 18 & 19 on the left hand side
4	Back Leg Lifts – 8 lifts and breaths	23	Shake legs
5	Downward Dog	24	Massage lower back - Hug knees into chest so we flatten the back
6	King Pigeon	25	Hamstring Stretch <ul style="list-style-type: none"> • Straighten left leg • Left leg 10 cm off the ground • Left foot flexed • Left hand on left thigh • Use your right hand and place over your right toes • Try and straighten the right leg • It doesn't matter if you can't straighten your leg • Relax the shoulders • Do left side • Working the kidneys
7	Downward Dog – 8 breaths	26	Hamstring Stretch – both legs
8	Roll onto your back	27	Leg Circles <ul style="list-style-type: none"> • 8 reps
9	Pelvic Placement – 8 reps	28	Leg Lifts <ul style="list-style-type: none"> • Single and Double • 8 reps

10	Hip Rolls – <ul style="list-style-type: none"> • Chin to chest • Grab ankles if you can't leave palms flat on the mat • Press your big toes into the floor • Roll your hips up and down • 8 reps 	29	Stomach Crunch – Lying Position <ul style="list-style-type: none"> • Legs wide apart • Hands on belly • Start lying down • Come to a seated position • Return to lying down • 8 reps
11	Alternating inward knee drop holding ankles <ul style="list-style-type: none"> • Bend legs • Right foot to right side of mat • Left foot to left side of mat • Grab ankles • Drop right knee inwards & return to upright position • Drop left knee inwards & return to upright position • 8 reps 	30	Stomach Crunch - Seated Position – Forward Bend <ul style="list-style-type: none"> • Legs apart • Hands on belly • Inhale straighten back & drop shoulders • Exhale pivot at the hips and bend forward • Inhale come back to a seated position – L Shape
12	Lower Abdominal Stretch <ul style="list-style-type: none"> • Hands over head • Squeeze knees • Drop knees to the right & then left • Keep knees together as it forces the belly to support the spine • 8 reps 	31	Bridge – (Blocks) <ul style="list-style-type: none"> • One block lower back • Two blocks upper back - One block vertical under head – second block vertical and flat at the top of back • Bent legs • Relax shoulders
13	Bridge with knees together <ul style="list-style-type: none"> • Chin to chest • Hands overhead - 8 reps • Hands out to the side - 8 reps 	32	Upper Back Stretch
14	Single Leg Lifts <ul style="list-style-type: none"> • T position • Important to keep legs straight • 8 reps 	33	Groin Stretch
15	Single Leg crossovers <ul style="list-style-type: none"> • T position • Lift straight right leg into the air • Drop straight right leg to left hand side of body. • Right leg is no higher than hip height on left hand side. • Right leg returns to the ceiling 	34	Happy Baby Position

	<ul style="list-style-type: none"> • One side only • 8 reps 		
16	Single Leg Body Cross Over Swing <ul style="list-style-type: none"> • T position • Leg crosses body at hip height both left and right side 	35	Savasana <ul style="list-style-type: none"> • Bend arms into prayer over your ribs – not comfortable leave them by your side • Feet shoulder distance apart • Lock legs • Inhale suck the belly in • Exhale lift the bottom off the ground. • 8 Reps
17	Repeat 14, 15 & 16 on Left Hand Side	36	Long Stretch
18	Belly Breathing – count of six	37	Back Rolls – 4 to easy sitting position
19	Tree <ul style="list-style-type: none"> • Bend right leg and place right foot above or below the knee • It doesn't matter if the knee doesn't touch the floor • Right hand behind head • Push your right knee into the ground • Left hand on left thigh • Lift your left hip off the floor • 8 Reps 	38	Affirmation Bliss radiates: <ul style="list-style-type: none"> • Inhale - From the passion I feel • Exhale - From the love I give • Inhale - From the laughter I share Exhale Laughter is the body's very own ray of sunshine. Inhale – My body is warm, stretched and strong.

PSOAS Muscles

The PSOAS Muscles are a large muscle group that goes from the bottom of our rib cage through our pelvic bone and down to our femur – thigh bone in the leg.

The main job of this muscle group is to allow us to flex the hip and rotate the thigh.

The strength of the psoas muscle will impact on the functioning of our hormones, kidneys, digestive and reproductive systems. And assists in our body alignment – it helps us to stand tall.

In Chinese medicine the kidney meridian rules the lower back, our bones and fear. The psoas muscle is our fear reflex. Meaning, that every time we experience fear, the psoas muscle will contract. In extreme fear, the contraction brings us to a foetal position. We experience various levels of fear. Such as how am I going to pay that bill, to extreme fear of am I going to lose my job? Constant levels of fear will cause the muscles to tighten, causing us back, pelvic, and knee pain. Hence that's why I thought a class that focuses on this muscle group was important.