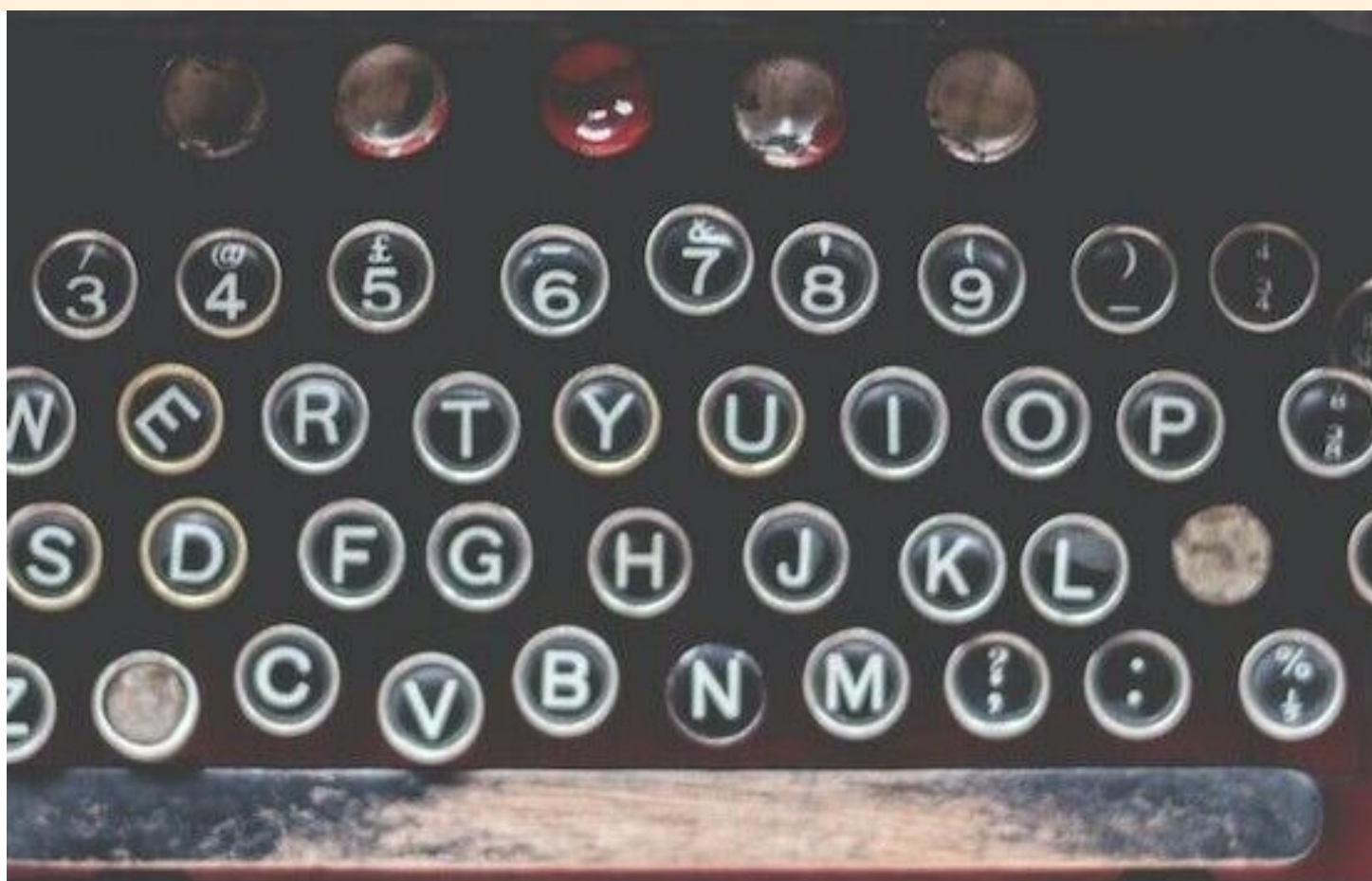


# Copywriting Sample

## Yoga Opt-In Gift DRAFT for Client

This client chose to have me start a draft of her ebook for her to finish, at a flat rate and to keep costs down. I sent her tips for how to work in Canva.



Dina Giolitto | [dinagio@dinagio.com](mailto:dinagio@dinagio.com)



6 POSES TO EASE STRESS WITH THE

# HIP OPENER YOGA SERIES

BROUGHT TO YOU BY LAURA KNOTT, OF  
[GROUNDEDEARTHYOGA.COM](https://www.groundedearthyyoga.com)

# W E L C O M E

Feeling the urge to start a new fitness program? Want to offload stress?

Hip opening yoga poses stretch the tight muscles in the hips. Yoga hip openers offer a rejuvenating practice that releases old tension and emotional obstacles held in the body.

Welcome to our 6 Accessible Hip Openers Series!

In this context, accessible means that hip openers can be practiced by everyone, regardless of ability level, body type, or range of motion limitations.

The hips are the physical and energetic gateway of the body. Muscles in the hips, specifically the iliopsoas muscles, are triggered during the "fight or flight" mechanism in response to stress.

Stretching and strengthening the hip muscles can open the pathway to overall improvement in physical health.

Ready to stretch your way to relaxation with our hip openers yoga series? Let's go!

- *Laura Knott*

YOGA INSTRUCTOR, [GROUNDEDEARTHYOGA.COM](http://groundedearthyyoga.com)

## ABOUT ME

Something here. Write about you and what you do! Yoga guru, awesome friend and writer extraordinaire!

Visit my website at [groundedearthyyoga.com](http://groundedearthyyoga.com)



## 6 HIP-OPENING POSES

### POSE 1: BOUND ANGLE

Bound angle pose is a lovely hip opener that is performed with knees bent and soles of the feet together. There are many variations to make this pose comfortable while still getting the hip opening benefits.

The spine can be upright, straight, or curved forward, and the feet can be any distance away from the body. Check out the pictures featured here, and see which variation is right for you!



LAURA KNOTT, [GROUNDED EARTH YOGA](#)

# BOUND ANGLE



## Bound Angle in a Chair:

Sit towards the front of the chair. Place the soles of the feet together, and open the knees apart. Hinge forward slightly with a straight spine, or relax forward with a curved spine.

Look for the stretch sensation in the inner thighs. Prop the feet on blocks for a more intense stretch.

## BOUND ANGLE



### Bound Angle on the Mat:

Sit upright on a folded blanket or bolster. Place the feet a comfortable distance from the body and feel into the stretch in the inner thigh.

Options are to:

- Stay upright with a straight spine.
- Keep the spine straight and hinge forward with a flat back 3.) Relax forward with a curved spine.

# BOUND ANGLE



## Bound Angle Reclined/Restorative:

Lie down on the mat, bring the feet together, and open the knees to the side. Make sure the tailbone is curved slightly upward and the lower back is snuggled against the mat.

Open the knees to the side and find the sensation of stretch in the inner thighs. Move the feet closer to or further away from the body until you find the best experience of stretch. Once you find it, prop a block or folded blanket under each knee to keep the hips from over stretching.

## 6 HIP-OPENING POSES

### POSE 2: LOW LUNGE, OR RUNNER'S LUNGE

Low lunge stretches the back leg hip flexors, the muscles in the front of the hip that are responsible for bringing the knee up the chest when walking. They also stretch the hip extensors on the front leg, which include the muscles of the glutes and hamstrings.



Variations of the low lunge can also stretch the inner and outer hips and thighs. That means that the low lunge is a great practice for stretching many muscles in the legs, hips, and lower back. This is a double sided pose, so don't forget to switch sides!



## LOW LUNGE



Variations of the low lunge, like lizard pose, can also stretch the inner and outer hips and thighs. That means that the low lunge is a great practice for stretching many muscles in the legs, hips, and lower back.

Using a chair, either by sitting in it or holding onto it, is a great way to get a stretch in the lunge position while keeping your balance and stability.

If you are new to yoga and lunges, start out seated or holding onto the back. Practicing regularly will help you relax those hip muscles allowing a deeper stretch and the opportunity to try new variations.

# LOW LUNGE



## Low Lunge in a Chair, Seated:

Sit towards the front edge of the chair and turn the body to the left side. One hip might be off the chair at this point, or you can turn only slightly so that both hips are still on the chair. Both hips should be square to wherever you are facing.

Bend the left knee, and extend the right leg back, until you feel a stretch in the front of the back hip. The back knee can be bent or straight, depending on your flexibility.

# LOW LUNGE



## Low Lunge in a Chair, Standing:

Stand behind the chair and hold on to the back with the hips parallel to the back of the chair. Step the right leg back with the toes pointed forward and bend the front knee so that it is right over the ankle. Straighten the back leg.

Keep the spine straight and tall with no curve in the lower spine. Or follow the same alignment as above, but place the front foot on the seat of the chair.

# LOW LUNGE



## Low Lunge on the Mat:

Place blocks on either side of the front foot. From tabletop position, step the left leg forward between the blocks with the knee right over the ankle. If you are not feeling a stretch in the front of the right leg, slide the right knee backward until you do. Keep the hips square to the front of the mat.

The spine should be straight and long with the tailbone tucked forward to keep the lower back supported.

Move the blocks towards the hips to bring the spine upright, and turn the blocks to any height that is comfortable and supportive.

To stretch the inner and outer thighs, move the blocks to the inside of the left foot and move the left foot to the left side of the mat with the toes pointed forward or out to the side.

Stay upright on blocks or you can deepen the stretch by moving the torso lower and dropping the forearms to the blocks at any height. You may not need the blocks at all in this position.

## LOW LUNGE



### Low Lunge, Reclined/Restorative:

Lie on the back with the lower back resting on the mat. Bend the right knee and keep the right foot on the floor for more back support, or let the straight right leg rest on the floor.

Bend the left knee into the chest either holding the shin or back of the leg with the hands, or using a strap on the bottom of the foot.

## 6 HIP-OPENING POSES



### POSE 3: PIGEON POSE

If pictures of pigeon pose in its full expression make you feel daunted, know that there are many variations. Pigeon pose stretches the external rotators of the hip in the front leg, and the hip flexors of the back leg.

In the accessible variation I usually teach, the back leg is bent and the focus is on the front leg stretch of the deep gluteal muscles, often called the “deep six.”

## PIGEON POSE



### Pigeon Pose in a Chair:

Sit in a chair with the spine straight and the left leg bent with the knee over the ankle. Lift the right leg and cross the right ankle over the left knee. Open the right knee out to the right side and feel the stretch in the right hip.

If your right ankle does not cross over the left knee comfortably, then straighten the left leg and cross the right ankle over the left ankle, or raise it slightly higher over the left shin. Keep the knee open to the side and feel into the stretch.

# PIGEON POSE



## Pigeon Pose on the Mat:

Sit upright with the hips on a folded blanket, the feet forward and the knees bent. Drop both knees to the left side. Sweep the right foot towards the right hip and drop the right knee to the mat while the left knee drops to the left side of the mat.

(WAIT! If this isn't possible due to knee surgeries or general mobility, please do the chair option as listed above, or get the hips higher up onto many folded blankets or a bolster. For the floor pose to be comfortable, both knees and both hips should be comfortably supported by the floor.)

Turn the trunk to face the left knee with the spine straight. If this feels safe, you can begin to either hinge forward with a straight spine or drape forward with a curved spine.

Use blocks to bring the floor up to you in a supportive way, either under the forehead or forearms. Feel into the stretch in the deep gluteal muscles on the left side.



# PIGEON POSE



## Pigeon Pose, Reclined/Restorative:

Lie on the back with the right knee bent and the right foot on the floor. Cross the left ankle over the right knee. Stay in this position, or enhance the stretch by grasping behind the right thigh and bringing the right knee closer to the chest.

Note about sciatica:

Pigeon pose stretches the piriformis muscle which is often blamed for compressing the nerve in the leg that causes sciatica. Although the pose might relieve sciatica pain at the time, it could actually worsen it the next day if the muscle swells in response to deep stretching.

Strengthening poses are important to overall hip health and balance in the deep six muscles.

Please consult with your doctor and physical therapist for proper poses and alignment to relieve sciatic nerve pain and before taking on a new exercise practice.

LAURA KNOTT, [GROUNDED EARTH YOGA](#)

## 6 HIP-OPENING POSES

### POSE 4: EXTENDED SIDE ANGLE POSE

This hip opener stretches the inner thighs and gluteal muscles while strengthening the outer hips and hip flexors. Props and modifications can make this active stretch available to nearly everyone.



Generally the front knee is deeply bent so that the thigh is parallel to the floor. If that is too deep a leg stretch for you, don't bend the knee as much, as shown in the standing chair variation.

Find the stretch that suits YOUR body, even if it is not exactly what you see on the screen. Don't forget to practice this pose on both sides!

## EXTENDED SIDE ANGLE POSE



### Extended Side Angle Pose in a Chair, Seated:

Sit firmly on the chair. Open the left leg out to the side and keep it bent with the knee over the angle. Extend the right leg straight out to the side with the toes pointed forward.

Stay upright, or lean to the left with the left elbow balanced on the left knee and the right arm extended overhead.

## EXTENDED SIDE ANGLE POSE



### Extended Side Angle Pose in a Chair, Standing:

Stand behind a chair holding onto the back and step an arm's length away. Step the right leg back and release the right arm, turning the toes and body to face out.

Bend the left knee keeping it over the ankle. Sweep the right arm up along the side of the head, or bring the hand to the hip in the case of shoulder pain or limitation. Keep the left hand on the chair for balance, and look for a stretch in the inner thighs.

# EXTENDED SIDE ANGLE POSE



## Extended Side Angle Pose, Standing:

Repeat the steps above in the standing chair variation of the pose. Instead of holding onto a chair with the left hand, let the elbow drop to the thigh for support.

If you are able to keep the torso facing forward and the spine straight, you can drop the hand to a block on the inside of the left foot.

The right arm can reach out through the fingertips alongside the ear, pointing up to the ceiling, or the arm can rest along the torso.

The head can be facing forward or looking up at the ceiling. You can also drop the back knee to the floor for more support, which adds a twist to the torso.

## EXTENDED SIDE ANGLE POSE



### Extended Side Angle Pose, Reclining/Restorative:

If standing or chair poses don't seem right for you, a similar stretch of the inner thigh can be achieved lying face down in half frog pose. In this pose, lie on the belly with the forehead resting on the backs of the hands.

Begin to bend the knee drawing it up towards hip, but keeping both the knee, foot, and hip on the floor. Keep the hips and pubic bone pressing down into the mat. This should produce a gentle inner thigh stretch. Do one leg at a time, and notice any differences from one side to the next.

## 6 HIP-OPENING POSES

### POSE 5: WIDE-LEGGED FORWARD FOLD

If you haven't done this move since you were in grade school, don't worry. Props and variations can set you up for a great stretch.

If your doctor warns against forward folds because of disc herniations or osteoporosis, then make sure you are keeping your spine straight and long with the armpits pulling down towards the hips. This keeps the back muscles contracted and active.

In my opinion, a forward fold with a straight back (vs. curving the spine and relaxing all the muscles) should be the go-to, no matter what type of pose you're in. Try it and see how it feels in your body!



## WIDE-LEG FORWARD FOLD



### Wide-Leg Forward Fold in a Chair, Seated:

Move towards the front of the chair and open both knees out to the side. Hinge forward at the hips keeping a flat back and straight spine, and let the spine relax forward and bring the hands to blocks for support. Relax the spine for a more restorative version.



## WIDE-LEG FORWARD FOLD



### Wide-Leg Forward Fold in a Chair, Standing:

Step both legs a good distance from the chair while still holding onto the back. Spread your feet shoulder distance apart or wider, as comfortable.

Hinge forward at the hips with a flat back holding onto the back or seat of the chair for balance. Your weight should be in the heels, and the knees should be softly bent.

## WIDE-LEG FORWARD FOLD



### Wide-Leg Forward Fold on the Mat, Seated:

Sit on a blanket or bolster to better lengthen and keep a straight spine. Open the legs away from each other as wide as you feel comfortable with.

Keep the knees softly bent, and hinge gently at the hips keep the spine long. If it is okay for your back, you can curve the spine forward and bring your arms in front of the hips.

You can also rest the forearms or forehead on blocks for additional support.

## WIDE-LEG FORWARD FOLD

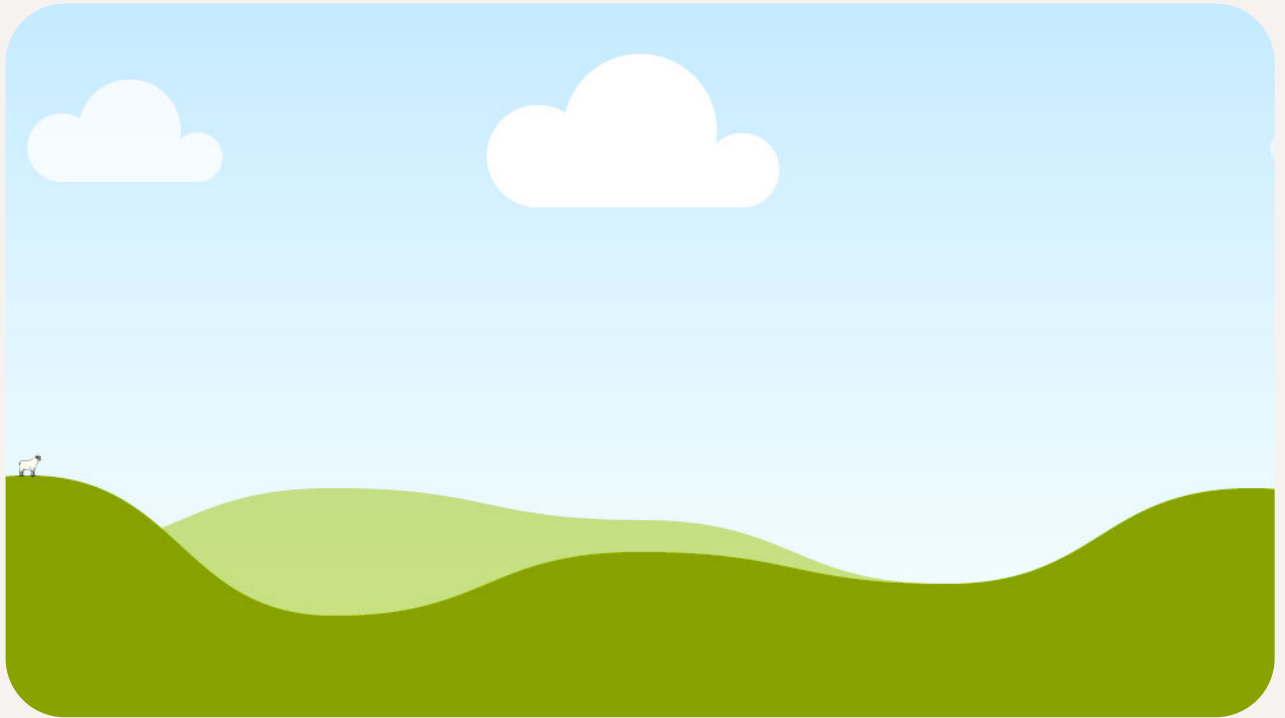


### Wide-Leg Forward Fold on the Mat, Standing:

Spread the legs open wide with the toes pointed forward. Keeping the knees soft, forward fold with a straight or curved spine, whatever you prefer.

Bring the hands to blocks on any height for more support.

## WIDE-LEG FORWARD FOLD



### Wide-Leg Forward Fold, Reclined/Restorative:

Lie on the back with the hips snuggled against the wall.

Open the legs a comfortable distance apart and use a strap below the knees or on the ankles to keep the legs from extending too far apart.

## 6 HIP-OPENING POSES

### POSE 6: COW FACE POSE

Cow face pose is one of those poses that make people think they can't do yoga because they "aren't bendy enough."

If this pose was the criteria you needed to meet to start a yoga practice, most of us would not make the cut, including me. Regardless, there are other ways to practice this pose to get the hip opening benefits, or alternate options that help build the flexibility to go into the full pose.



In cow facing pose, the hips are in adduction (legs moving towards midline) and in external rotation (toes pointing outward from the body).

You can do the same movements sitting in a chair crossing one leg over the other, and also sitting on the floor but extending the bottom leg straight.

Either way, you can experience the adduction and external rotation without being in the full pose.

This pose also features an intense shoulder and chest stretch, but since this is a hip series, we're going to save that for later. I do show a few options for the arms just for fun.

LAURA KNOTT, [GROUNDED EARTH YOGA](#)

## COW FACE POSE



### Cow Face Pose in a Chair:

Sit on a chair with a straight spine. Cross the right knee over the left and contract the inner thighs. Pick up the right ankle and gently bring it toward the left hip.

Rest in the stretch, then switch sides.

## COW FACE POSE



### Cow Face Pose on the Mat:

If this pose is not comfortable seated directly onto a mat, the first option is to get the hips up higher. Use blankets, blocks, or a bolster to add or reduce height until you find the right set up for your hips. The hips should be evenly weighted when the knees cross and the feet reach back toward opposite hips.

If this is still not comfortable, extend the bottom leg straight out with a slight bend in the knee, and concentrate stretching just the top hip. Switch sides when you're ready and start over finding the right position.

Your body will probably be different from side to side. This pose should never cause knee pain! If it does, don't go as far into the pose.

LAURA KNOTT, [GROUNDED EARTH YOGA](#)

# COW FACE POSE



## Cow Face Pose Reclined/Restorative:

Lie on the back and bring the knees close to the chest. Cross one knee over the other and hold ankles with opposite hands.





## DO YOGA WITH LAURA

Thank you for downloading our Yoga Hip Opener Series.

I hope you enjoyed the reading, and got inspired to do some simple stretches.

There are so many moments during your daily routine when you can take five minutes to stretch and strengthen your body.

Incorporating yoga into your regular life is a great way to build a long term practice!

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