

YOUR MOVEMENT BUNDLE FOR HAPPY HIPS

WHAT'S INCLUDED:

Five specially selected classes designed to build awareness, mobility, strength and flexibility in your hips, resulting in happier and healthier movement.

This bundle combines mindful movement, strength, mobility and restorative practices for you to enjoy at home:

1. A hip focused flow weaving breath, mobility and stability (45mins)
2. A hip focused flow working to increase mobility and build strength (45mins)
3. A juicy and effective mindful mobility and yin practice (60mins)
4. A slow and juicy hip and hammies class (60mins)
5. A mobility and yin practice focused on building space in your hips (60mins)

WHAT YOU'LL NEED:

I recommend the following props to help you set up your at home movement space.

You don't need to go out and get all the fancy gear, see below for some simple alternatives for things you may already have around the house.

Yoga Mat

Blanket or two

2 blocks (or 2 thick books)

Yoga Strap (or belt from your dressing gown)

Bolster (or pillows / cushions)

[TAP HERE TO PURCHASE](#)

