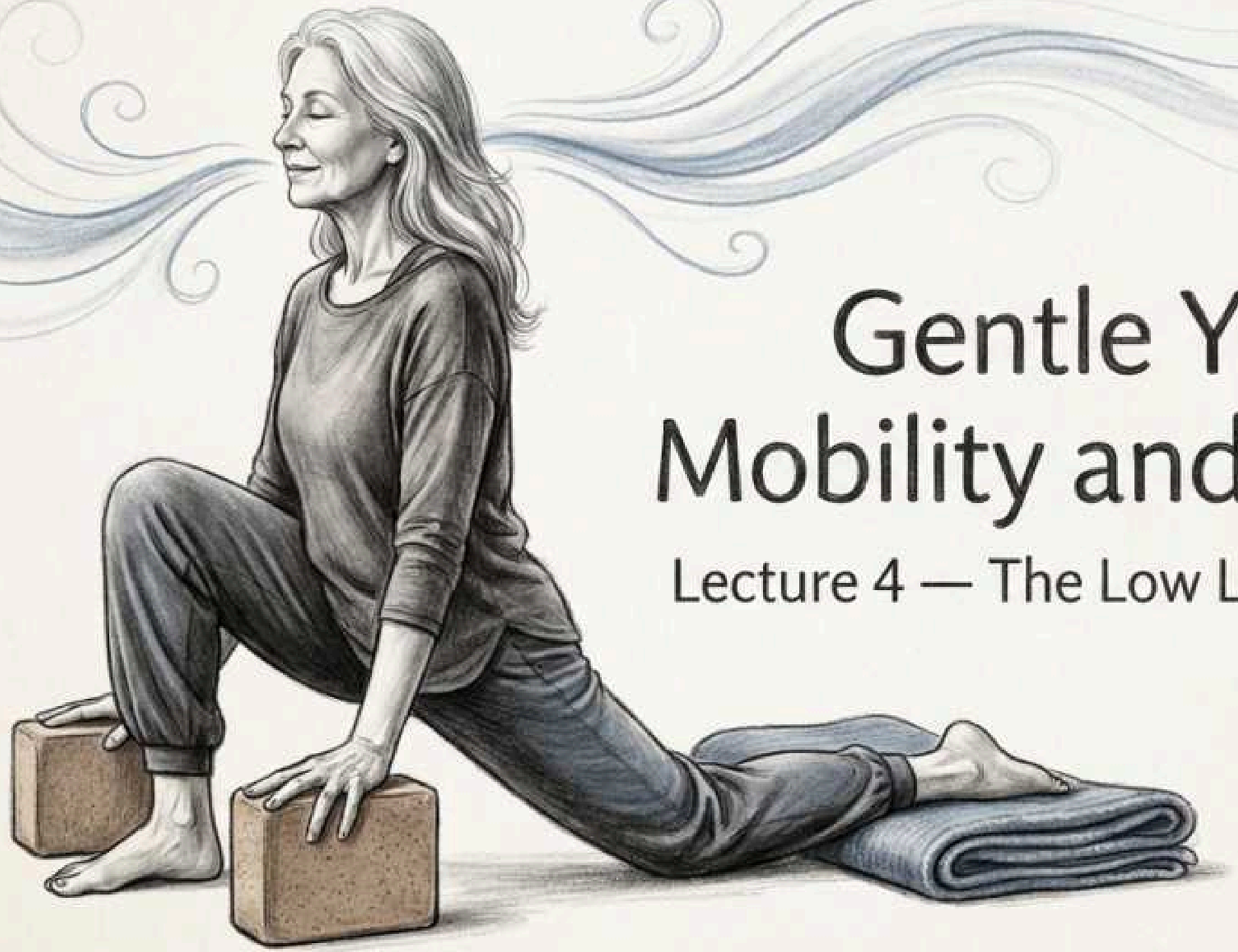


Gentle Yoga for Mobility and Relaxation

Lecture 4 — The Low Lunge (Anjaneyasana)

Gemini Notebook

4.1

Today's Three Questions

- 1. Why do the fronts of our hips get tight?
- 2. How do we do a low lunge safely?
- 3. How can we make it easier?

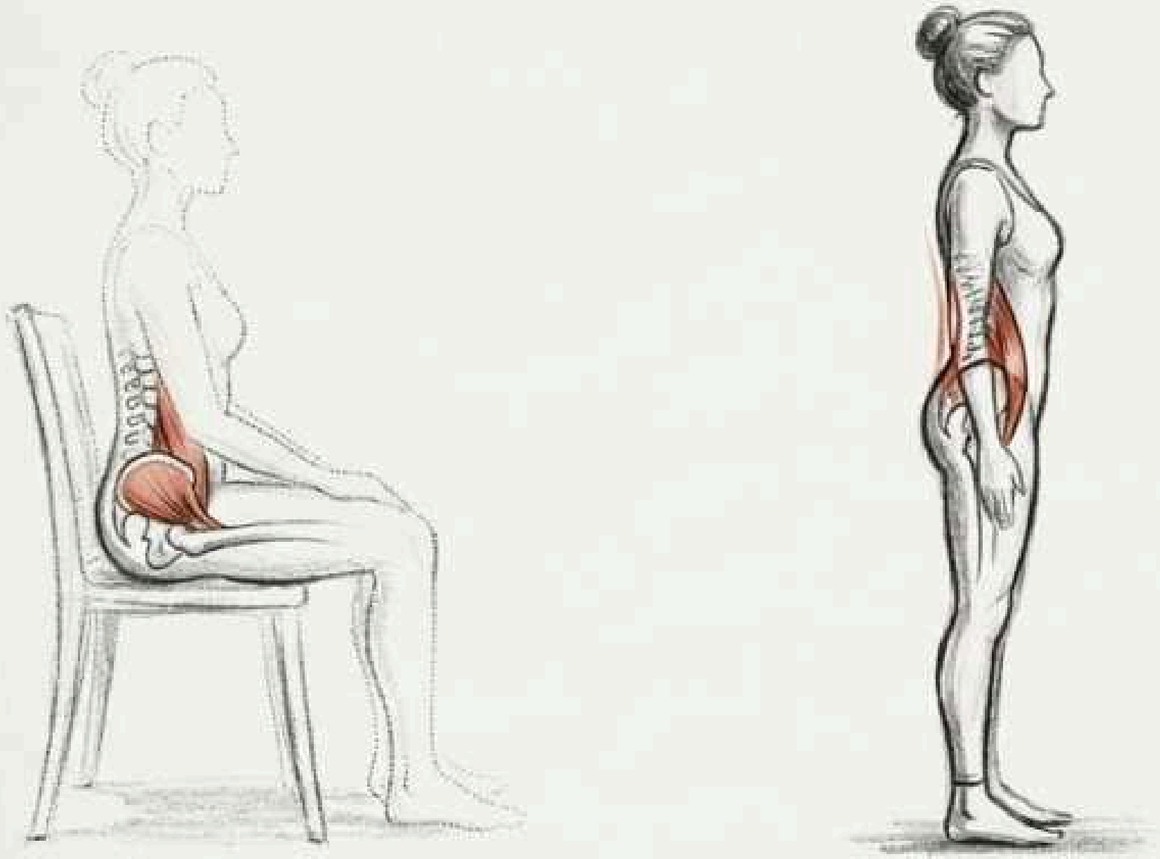
Today's Move:
Low Lunge (30s per side).



Gemini Notebook

The Anatomy of Tight Hips

4.2



Iliopsoas = Psoas (runs from lower spine to top of thigh bone) + Iliacus (lines the inside of the pelvis).

Sitting shortens the hip flexors. Standing up pulls them tight against the spine.

Gemini Notebook

The Antidote: Anjaneyasana

4.3



The low lunge physically balances a lifetime of forward-bending.

Gemini Notebook

The Setup

4.4



1. Start in tabletop.

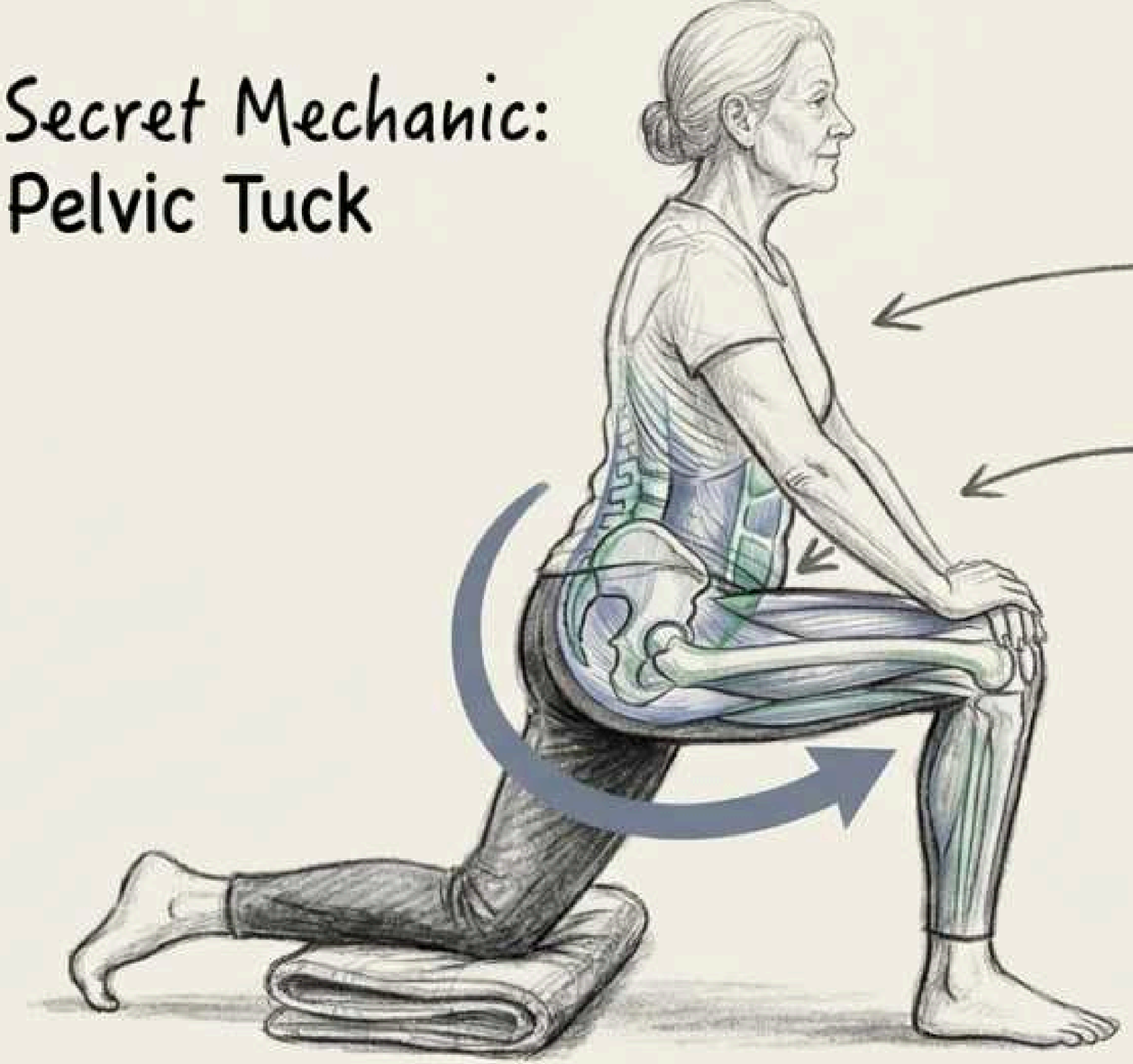
2. Step right foot forward (knee roughly over ankle).

3. Slide left knee back onto a folded blanket to protect the sensitive kneecap.

Gemini Notebook

The Secret Mechanic: The Pelvic Tuck

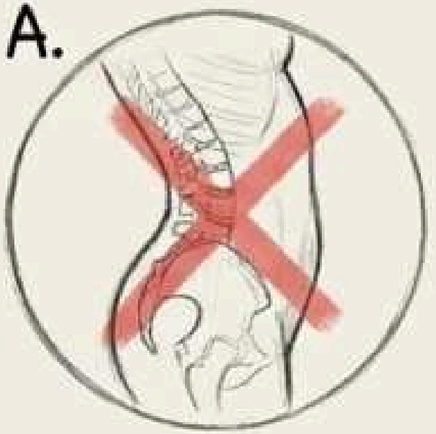
4.5



Lift chest. Hands on thigh, blocks, or chair.

Draw tailbone DOWN, lower belly IN.

A.



B.

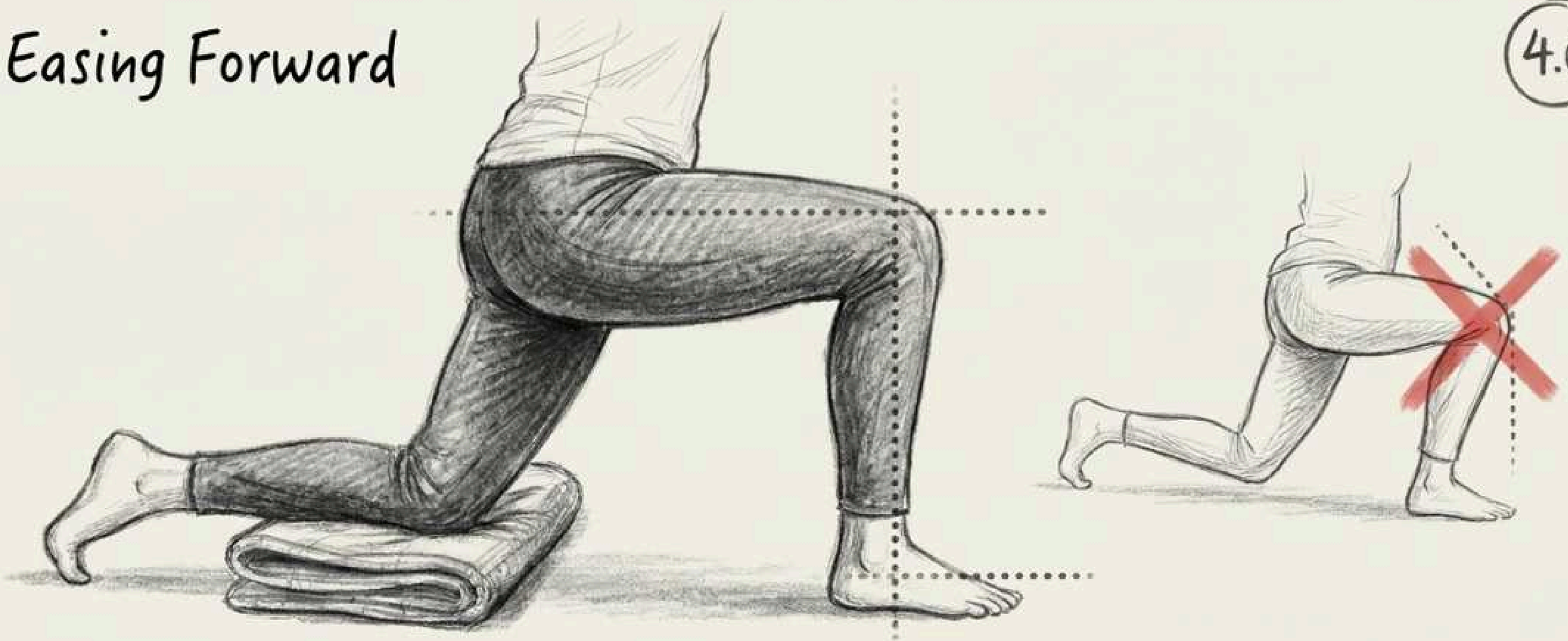


This tiny tuck focuses the stretch precisely on the front of the back hip, protecting the lower back from arching.

Gemini Notebook

Easing Forward

4.6



Rule 1: Keep the pelvic tuck engaged.

Rule 2: Ease hips forward only until a comfortable stretch is felt. You do not need to go far.

Rule 3: Front knee must stay over or behind the ankle, never sliding past the toes.

Gemini Notebook

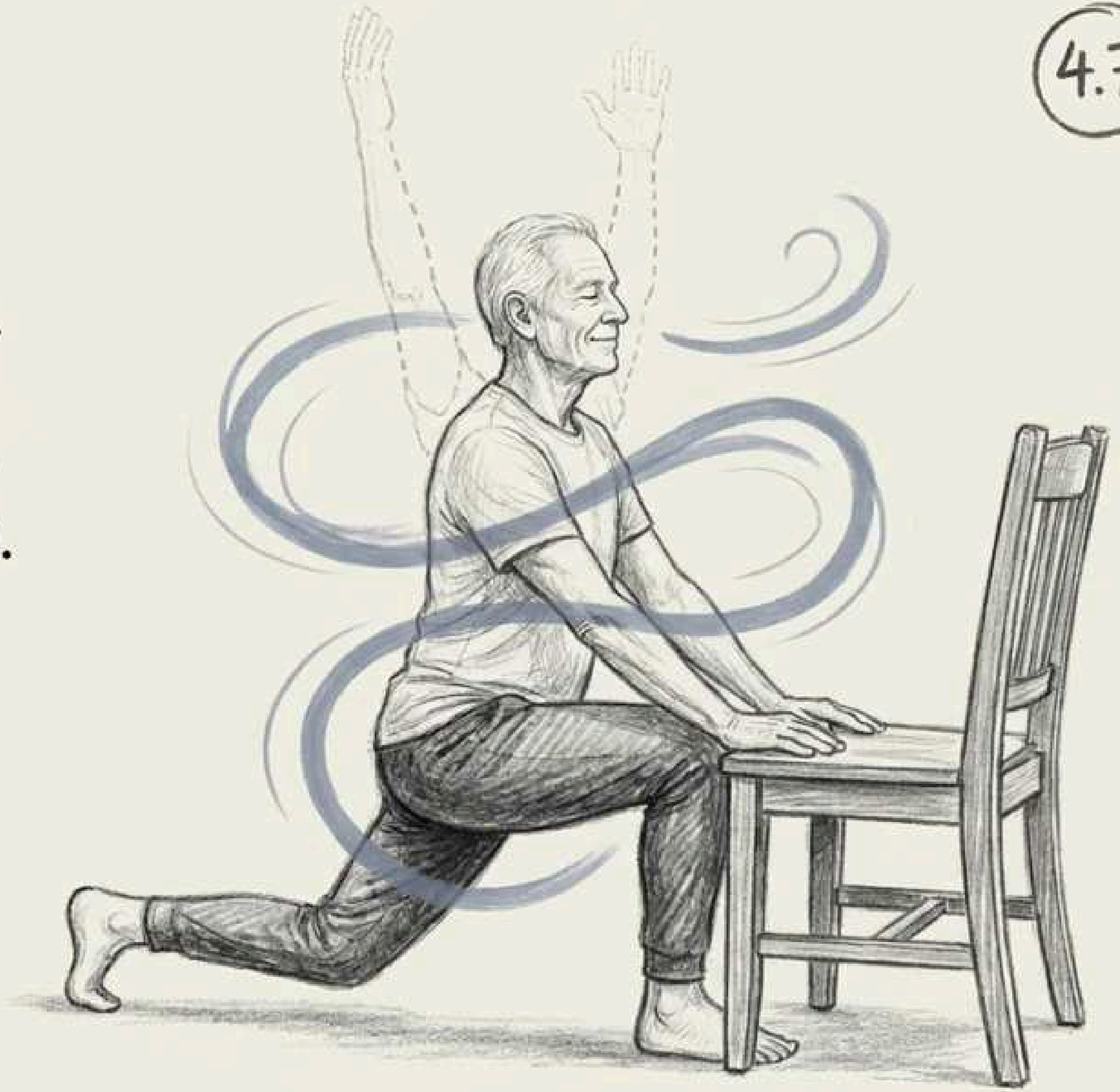
Breathe and Soften

4.7

⏱ 30 Seconds (5–6 slow breaths).

The Action: With every exhale, let the hips soften forward a fraction.

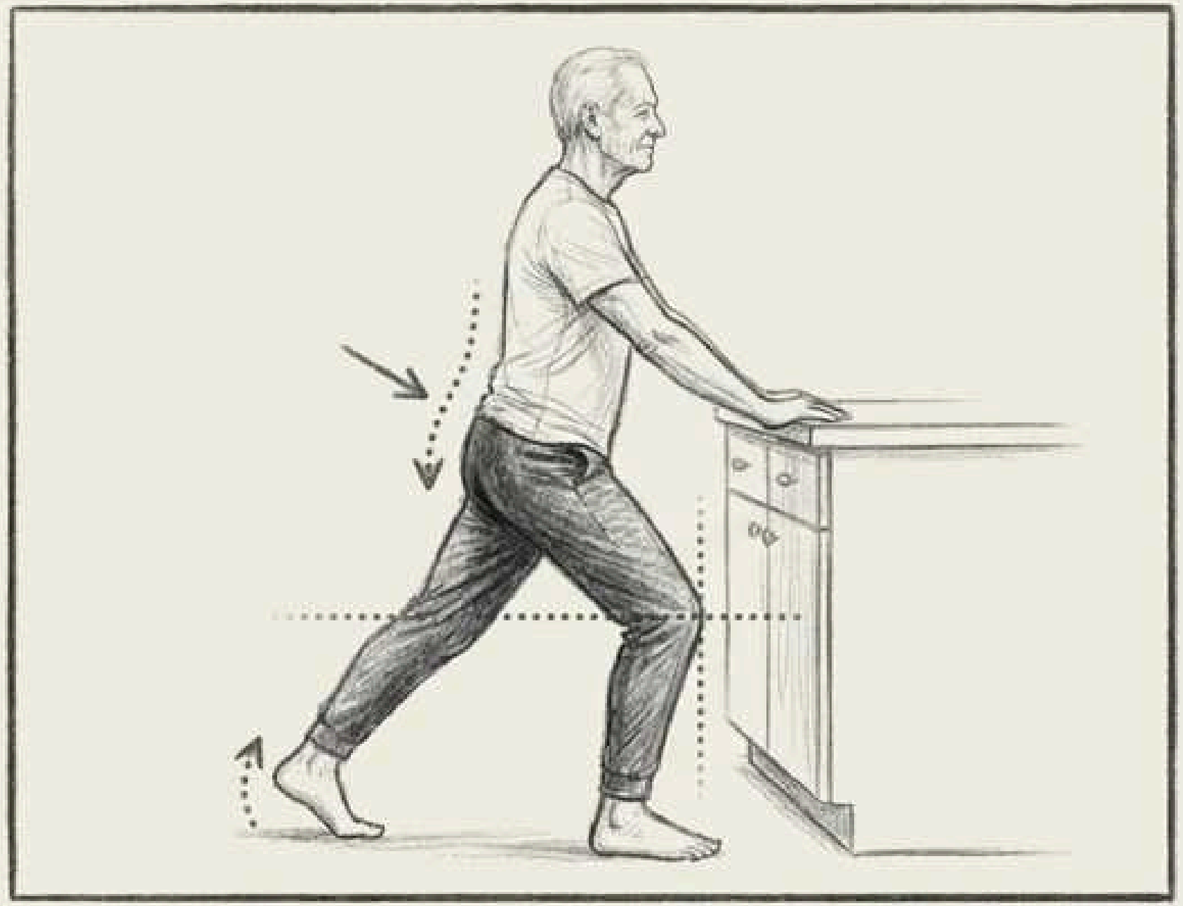
Note: Lifting arms overhead is entirely optional; keeping hands on the thigh or a chair is perfectly good.



Gemini Notebook

Modifications: Off the Floor

4.8



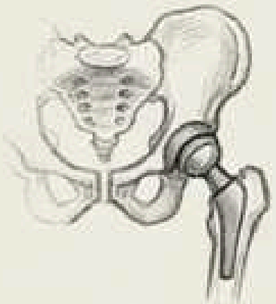
Supported Standing Lunge
(Hold chair/counter, keep back heel lifted, bend front knee, tuck pelvis).



Sideways Chair Lunge
(Sit sideways, let one leg extend back).

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Who Should Take Care?

	Knee Problems	Pad the back knee heavily OR use the standing version.
	Hip Replacements	Ask your surgeon or therapist about your safe range of motion (post-surgery precautions apply).
	Balance Issues	Always use a sturdy chair or counter for support.

Gemini Notebook

Coming Out & Switching Sides

4.10



1. Hands down.

2. Step front foot back to tabletop.

3. Take a breath.

Observe: Notice whether one side feels tighter than the other. (This is common and normal!)

Next: Left foot forward, right knee down.

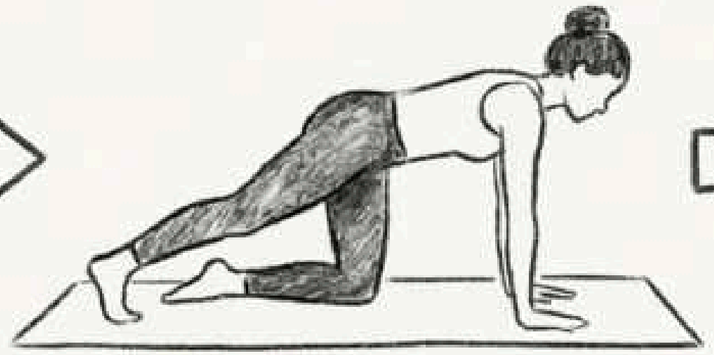
Gemini Notebook

The Full Practice Formula

4.11



Right Side:
Right foot forward,
back knee on blanket.
Tuck pelvis, ease
forward, breathe.



Reset:
Return to tabletop.



Left Side:
Left foot forward.
Tuck pelvis, ease
forward, breathe.

Gemini Notebook

Closing Exercise: The 1-Hour Test

4.12



Step 1:
Sit for one hour.





Step 2: Stand up.
Notice how the fronts of your hips feel.



Step 3:
Do the low lunge(30 seconds on each side).



Step 4: Stand again.
Write down what changed in your body, and which side felt tighter.

Gemini Notebook