

Saturday 4th November | Knee & Hip Anatomy | Janu & Kaṭi Bandha



- 11:00 - 12:00 intro Q&A personal practice intros and individual conditions
- 12:00 - 13:30 actions of the hips and the two bandhas in flexion/extension
- Lunch
- 14:30 - 15:00 “spreading the flesh of sitting bones” passive movement problems
- 15:00 - 15:30 triangle alignment
- 15:30 - 16:30 “to tuck, or not to tuck”? tailbone explorations and curves of spine
- 16:30 - 17:30 Janu Bandha, locking the knees for improved hips move-ability
- 17:30 - 18:00 closing practice and closing the space

Q&A conditions | general working with injury/ contraindications

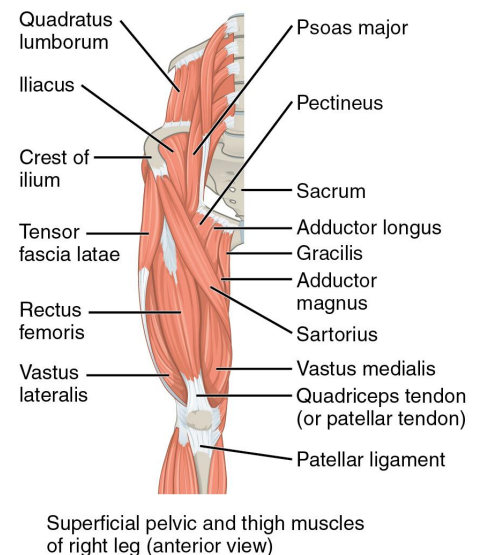
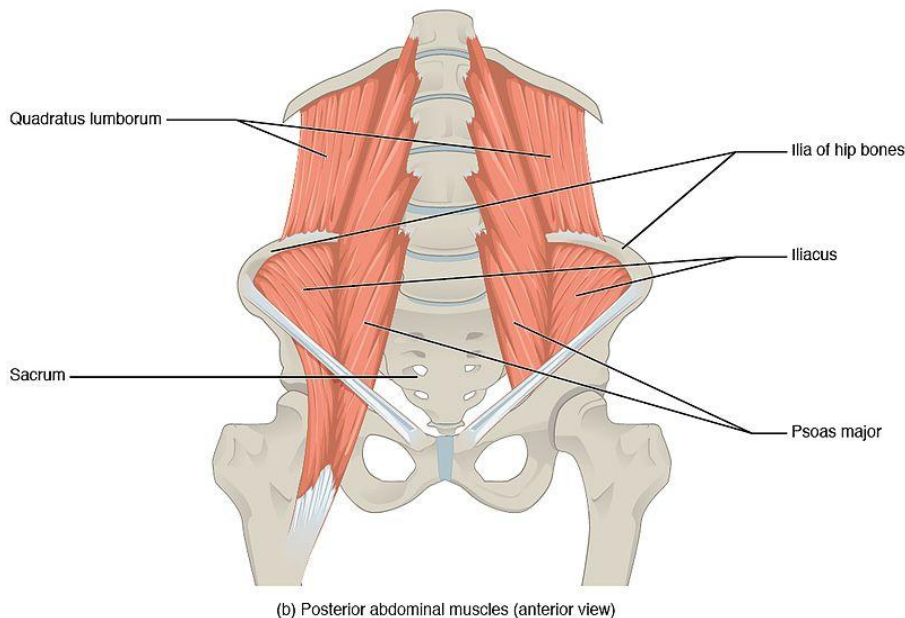
- ☐ Phases: acute/chronic, duration of injury
- ☐ Temperament of student: enthusiasm for physical movement
- ☐ Positions they cannot do at all/comfortably
- ☐ Observing the feet/gate/posture

Q&A individual conditions | considerations muscle/connective

- Sciatica
- Tear/scar tissue on achilles/hamstring
- Iliotibial band
- Healing fractures
- Nerve damage

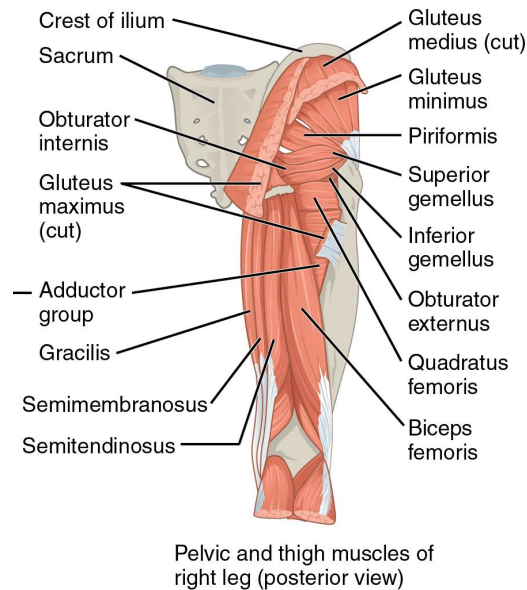
Q&A individual conditions | considerations psycho-somatic

- Connection to body / awareness of space
- Quality of skin/stillness/eye contact
- MS / ME / CFS
- Pain / hypermobility



Hip actions & mega hip lock, maha kati bandha in flexion/extension

FLEXORS	↖ ↗	EXTENSORS
ADDUCTORS	← ALL OPPOSE →	ABDUCTORS
INTERNAL ROTATORS	↙ ↘	EXTERNAL ROTATORS



“spreading the flesh of the sitting bones” passive movement problems

The “Long” way round, what does hip internal rotation in hip flexion do anyway?

triangle alignment | “hip back, reach forward” effect on spine & thigh

“to tuck, or not to tuck”? tail bone explorations & the curves of the spine

Janu Bandha, closed locking the knees for improved hip move-ability,
open locking the knees for stability & energy flow

closing practice and closing the space