

The Hip-Openers Poses

Chair-Based:

Seat Ankle to Knee (lean forward)
Cross-Legged (lean forward)
Eagle Pose
Standing Wide-Angle Forward Bend
Seated Warrior I

Starting Supine:

Supported Bridge Pose w/ Block
Supine Cow Face Pose / Gomukhasana
Half-Happy Baby Pose / Ardha Ananda Balasana
Supine Bound Angle
Supta Viirasana or Supine Hero Pose (block)
Cakrasana or Wheel Pose
Grab Opposite Foot & Opposite Shin

From Table:

Low Lunge / Anjanayasana
Lizard (knee down)
Frog Pose (use towel)
Seated Squat / Garland Pose
Wide-Angle Child's Pose
Utthita Dhanurasana

From Seated:

Simple Cross-Legged
Lotus Pose
Bound Angle
Oyster Pose
Gomukhasana / Cow Face Pose
Hero Pose (seated on block)
Head to knee / Janushiira (regular & ½ lotus)

Standing:

Warrior I
Warrior II / reverse
Triangle
Half-Moon
Goddess
Half-Chair Pose
Extended Side Angle
Eagle Pose (Garudasana)

To Stretch Hip Flexors:

Cobra
Bow or Boat
Supported Bridge Pose
Warrior I
Camel / Ustrasana

To Stretch the Piriformis:

Simple Cross-Legged On Floor
Supine Cow Face Pose
Pigeon
Supine Ankle to Thigh
Seated Ankle to Thigh