

Yoga for healthy and happy hips!

- Build strength
- Maintain flexibility
- Promote healing
- Manage pain
- Regulate stress
- Support better sleep
- Improve mental focus
- Heighten awareness



Elizabeth Freeman (500 E-RYT, YACE) has practiced yoga since 1985 and has been a yoga teacher since 1997. She specializes in yoga for people with movement challenges. Her students include those with a range of chronic issues including Parkinson's disease, multiple sclerosis, arthritis, irritable bowel syndrome, as well as those recovering from hip, knee, and shoulder surgeries.

Motivated by her own experience with two hip replacements, she founded *Yoga for Hip Replacement* as a resource for people preparing for and recovering from hip surgery. Her goal is to offer safe and accessible yoga practices that support the best hip outcome.



sthira sukham asanam
the posture should be steady and at ease
~ The Yoga Sutras of Patañjali

YOGA FOR Hip Replacement

Preparation • Maintenance • Support



YogaforHipReplacement.com

On-demand video instruction
devoted to the health and safety of
Total Hip Replacement

1-Week Free Trial

Yoga for Hip Replacement offers...

Yoga Basics Classes

- Reinforce healthy movement patterns
- Identify and strengthen key muscles that stabilize your hips
- Learn principles of alignment in poses for the safety of your hips
- Practice ways to modify poses and to use props
- Learn basic breathing and relaxation techniques to help cope with stress and pain

Standing Pose Classes

- Focus on proper alignment for feet, legs, and pelvis in the pose
- Identify key muscles for the strength and stability of the hips as we move into the pose
- Learn ways to modify the pose and use props.
- Relax and restore at the end



Restorative Pose Classes

- Relax your mind and body
- Soothe the nervous system
- Enhance your mood
- Reduce chronic pain
- Improve sleep
- Improve well-being

Practice Classes

These 30-45-minute relaxed-paced classes offer a whole-body experience while targeting hip health and safety.



Yoga for the health and safety of Total Hip Replacement

New to Yoga?

Yoga for Hip Replacement offers easy to understand instruction to keep you strong and mobile, and to help you return to your daily activities.*



You will learn...

- **alignment** in postures for joint safety and longevity.
- how **strength** provides **stability** for the new joint.
- **flexibility** and how to support it with **strength**.
- **breath awareness** and its calming effects on the nervous system.
- **intentional relaxation** to promote healing, manage pain, and cope with stress

* Talk to your Surgeon before participating in this program.

Already a Yogi?

Yoga for Hip Replacement offers appropriate modifications and guidelines that will inform your yoga practice before and after surgery.*



Research-based studies...

confirm that yoga offers both physical and mental health benefits including **faster healing times, reduced postoperative hospital stays, and improved pain management.**

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Sign-up for a **1-Week Free Trial.**

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