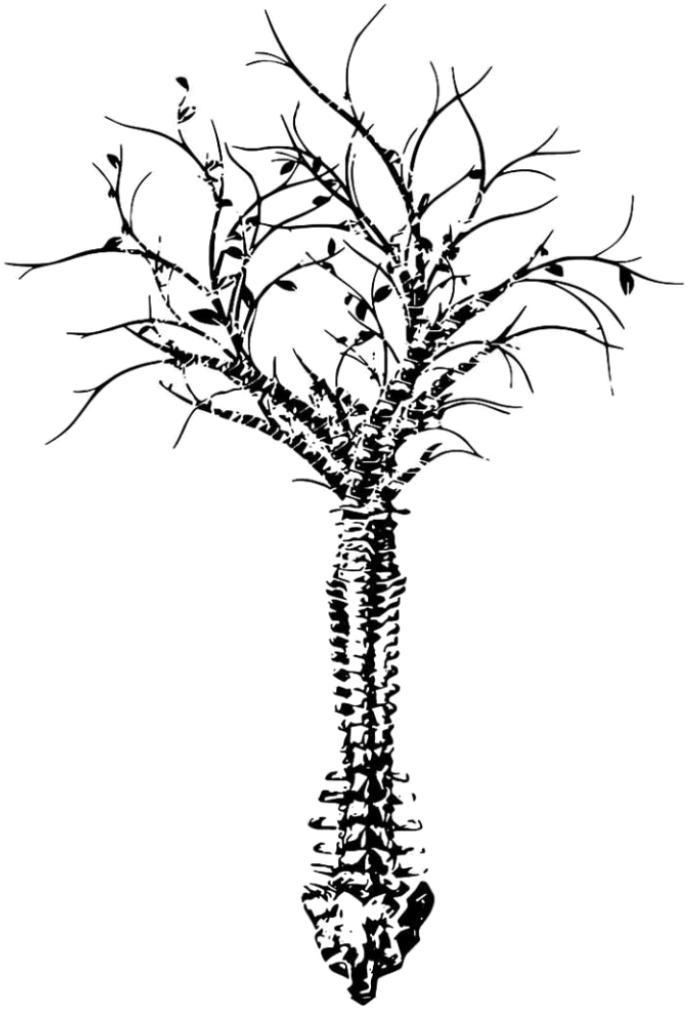
THE BODY ALIGNMENT CENTER

BRAHMA YOGA

Back & Hip Opening Workshop

A guided manual for back & hip opening
with Mohit, Prem & Nas



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namaste

Understanding the Connection Between the Back and Hips

The back and the hips are not separate parts of the body. They work together all the time. Most of the time, when someone feels back pain, the problem is not only in the back. Very often, the hips are involved.

The hips are meant to move. The lower back is meant to stay more stable. When the hips stop moving well, the back has to do extra work. Over time, this extra work creates pain, tightness, or tiredness in the lower back.

The pelvis sits between the spine and the legs. It acts like a bridge. If this bridge is not balanced, or feeling safe, the pressure goes straight into the lower back.

Deep inside the body, there is a muscle called the psoas. It connects the lower spine to the legs. When we sit too much, feel stressed, experience trauma, this muscle can become tight. When the psoas is tight, it pulls the lower back forward and creates compression. Many people try to stretch the back, but the real tension is coming from deep in the hips.

The glute muscles, hamstrings, and inner thighs also affect how the pelvis sits. When these muscles are weak or tight, the body loses balance. Then the back tries to protect us by holding tension.

How the Nervous System Is Involved

Our body always looks for safety. When the hips feel stiff or weak, the nervous system sends more work to the lower back. This becomes a habit. The body forgets how to move correctly.

Back pain is often not always about injury. It can be about repeated patterns. Sitting, walking, bending, lifting — we do these every day. If the hips are not doing their job, the back takes over. Back pain can also be about emotional and energetic blockages.

When we are stressed, the nervous system stays alert. Muscles around the hips and lower back tighten without us noticing. This makes pain stronger and movement harder.

Slow movement and awareness help the nervous system relax. When the body feels safe, it stops holding so much tension.

Mental Stress and the Lower Back

The lower back often reflects how much we are carrying in life. Too many responsibilities, too much pressure, or not enough rest can show up as back pain.

The hips relate to flexibility in life. When the mind is rigid, the hips often become rigid too. When we resist change or hold control, the body holds with us.

When we start moving mindfully, the mind also starts to soften. The body and mind always affect each other.

Emotional Holding in the Hips

The hips are a place where emotions get stored. Fear, sadness, anger, guilt — especially emotions we don't express — can stay in the hips for a long time.

That is why hip opening can feel intense. Sometimes people feel like crying, laughing, or feeling emotional without knowing why. This is normal. It does not mean something is wrong. It means the body is letting go.

The lower back can hold the feeling of not being supported — emotionally or practically. When life feels heavy, the back often feels heavy too.

Somatic Memory and Protection

The body remembers experiences, even when the mind forgets. Stress, shock, or emotional pain can stay inside the tissues.

The hips are connected to survival. Running, escaping, freezing — all these responses live in the hips. If the body was under stress for a long time, the hips stay tight as protection. The hips are the connection between the upper and lower body, the part of you that needs to activate when your survival response is activated. Sometimes when the perceived threat is over, the hips are still holding, still on-alert.

When we move slowly and with awareness, the body understands that it is safe now. Only then does it start to release. This release cannot be forced. It happens when trust is built.

Breath and Energy

Breath plays a big role. When breathing is shallow, the hips and lower back stay tight. When breathing becomes slow and deep, it gently moves the deep muscles and creates space.

In yoga, the hips and lower back are linked to grounding energy. When this energy is blocked, we feel heavy, stuck, or tired. When the hips soften, energy flows better, and the back feels lighter.

Pranayama is a great tool to help the breath move deeper into the body, calm the nervous system and increase blood flow into the lower back and hips.

How Yoga Supports Healing Through Alignment and Breath

Yoga helps the body heal not by forcing change, but by creating the right conditions for change. In yoga, alignment is not about making the pose look perfect. It is about placing the body in a way where effort is shared evenly, so no one area has to suffer or overwork.

When yoga is practiced with awareness, the hips are guided to move in their natural range, while the spine is kept supported and stable. Proper alignment teaches the body which muscles should work and which muscles can soften. This is especially important for back pain, because many people unknowingly overload the lower back while the hips remain inactive.

Through standing poses, gentle hip openers, and grounded seated postures, yoga retrains movement patterns. The hips learn to take responsibility again, and the back slowly lets go of unnecessary tension. Over time, the body begins to trust movement instead of fearing it.

Breath is equally important. In yoga, breath connects the nervous system to movement. Slow, steady breathing sends a message of safety to the body. When the breath deepens, especially into the belly and lower ribs, it gently moves deep muscles like the psoas and releases holding around the pelvis and spine.

When breath and movement are connected, the nervous system calms down. Muscles stop protecting, joints receive more space, and circulation improves. This allows pain to reduce naturally, without pushing or forcing the body.

Yoga also teaches us to pause, feel, and listen. This awareness helps us notice early signs of tension before they become pain. With regular practice, the body becomes stronger, softer, and more balanced at the same time.

Yoga does not try to correct the body aggressively. It supports the body in remembering how to move, breathe, and rest in a more natural way. Through alignment, breath, and mindful movement, the hips regain freedom, the back feels supported, and healing happens slowly, safely, and deeply.

Why Hip Opening Helps Back Pain?

When the hips open slowly and safely: Slow and safe opening tells the body there is no danger. The nervous system relaxes, and muscles stop protecting. Forcing the hips creates more tension, but gentle opening allows real release.

The pelvis finds balance: The pelvis sits between the spine and the legs. When hips are tight, the pelvis tilts forward or backward. As the hips soften, the pelvis returns to a more natural position, which reduces strain on the lower back.

The back gets support: When hips move well, they take their share of the work. The back no longer has to compensate. This gives the spine support from the muscles around it instead of constant pressure.

Pressure reduces: Tight hips pull on the lower spine. As this pulling reduces, compression in the lower back eases. Less pressure means less pain and more space for the spine to move naturally.

Movement feels easier: With open hips, bending, walking, sitting, and standing require less effort. The body moves in a more efficient way, without overusing the lower back.

The nervous system calms: Hip opening, combined with slow breathing, sends a signal of safety to the nervous system. As stress levels drop, muscle tension around the back and hips naturally decreases.

We are not fixing the back: Back pain is often a result, not the main problem. Trying to “fix” the back alone misses the deeper cause.

We are helping the back by freeing the hips: When hips are free, the back can relax and do its job properly. Healing happens through support, not force.

Closing Understanding

Back pain is not only physical.
It is also about how we move, how we breathe, how we feel, and how we live.

When we listen to the body instead of forcing it, healing happens naturally.

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Hope to see you again and learn something new together.

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