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# GETTING TO KNOW YOUR HAMSTRINGS: YOGA POSES FOR HAMSTRING FLEXIBILITY

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There are **yoga poses for hamstring flexibility** that you need to know so you can lengthen and strengthen this important muscle group. Flexible and strong hamstrings are crucial to a delightful yoga practice.



When you're younger, your hyperflexible body could easily bend. You could perform even the most advanced yoga poses. When you're older, however, pushing your body to do a deep stretch when doing Iyengar Yoga poses could lead to tears in your hamstrings. When this happens, you could feel pain in your knee and hips.



Optimal hamstring health is found somewhere between hypermobility and lack of motion. You need to practice enough **yoga poses for hamstring flexibility** so your hips, legs, and knees are healthy. In fact, lack of flexibility is believed to be a [risk factor for soft tissue injury among athletes](#), according to an article published in the Annals, Academy of Medicine, Singapore. Here's how you can achieve stronger and more pliable hamstrings.



Figure 1 Source: <https://greatist.com/fitness/yoga-poses-and-exercises-moves-every-yogi-should-do/amp>

## Yoga Exercise for Flexible Hamstrings: Hamstring Slides

### Starting Position

Find a slippery surface such as a tile or hardwood floor. Lay your yoga blanket flat and lie down. Your head, torso, and bottom should rest on the blanket while your legs are outstretched in front of you. Place a yoga block between your knees. Position your feet wider than hip-width apart and stretch your arms upwards.

### The Move

Push your heels into the floor. Using your hamstrings, pull your bottom toward your heels. Return to the starting position by straightening your legs. Repeat until you feel tired.

It may sound conflicting, but tight hamstrings mean that you need to strengthen them. Your hamstrings are healthy if they can fully stretch and contract. This prevents the occurrence of pulled hamstrings and muscle tears. Hamstring slides is one of the most effective **yoga poses for hamstring flexibility**. Whether you've been working your hamstrings too hard or neglecting them for a while, this exercise is good for you.