

Deep Hip Opening Method™

3 Month Private
Mentorship
ONLINE



Samudra
Yoga

Laura Rodenas Saez
@samudrayogospace
samudrayogospace@gmail.com

Welcome!



Hi love,

I created something special for you, a 3 month somatic and hip-opening mentorship designed to support you step by step in releasing tension, reconnecting with your body and softening the emotional layers stored in the hips.

Every week we meet online for a 1:1 session where we move slowly, gently, and intentionally. I observe your breath, your patterns, your hips, your nervous system and from there, I guide you step by step.

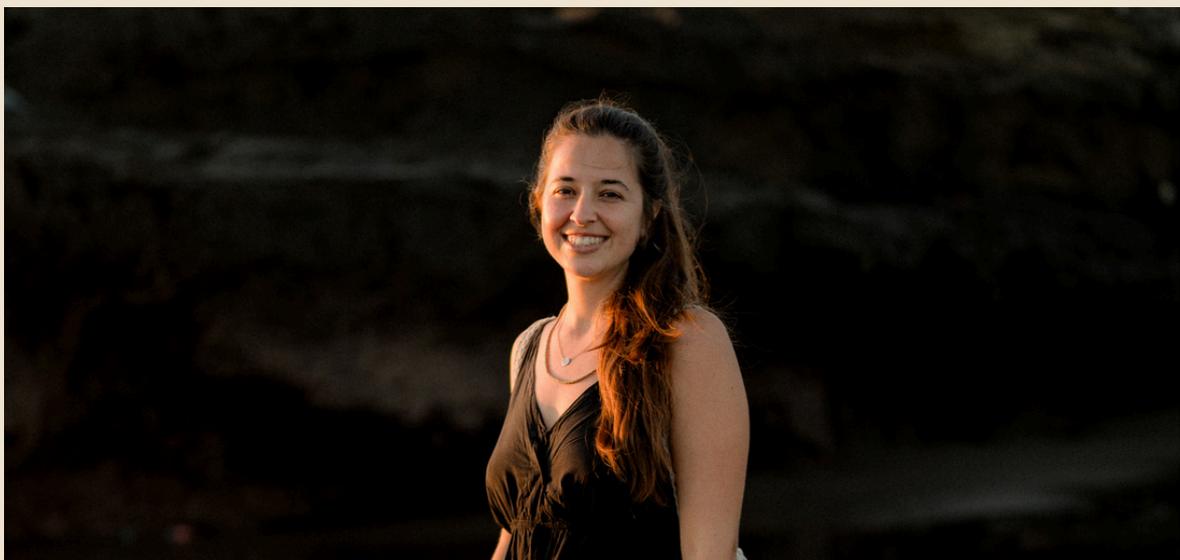
During our sessions, we explore the therapeutic tremoring, somatic unwinding, emotional mapping, and trauma release practices. You never push. You never force. We go layer by layer so your body learns to trust the process and open naturally. This is where real transformation happens, not in stretching, but in softening.

Laura Rodenas

“Over the past ten years, I’ve had the privilege of guiding more than thousands individuals through a journey of reconnection with their bodies, each one carrying unique stories, yet often meeting at the same place: the hips.

The Deep Hip Opening Method™ was born from my own path of healing after a spinal injury that profoundly changed how I understood movement, pain, and emotional resilience. What began as a personal recovery process evolved into a therapeutic system grounded in both scientific understanding and embodied experience”

— Laura Rodenas



Her Background

With a background in Master's in Sustainable Architecture and Landscape Design, Laura has always been deeply fascinated by the structures that hold life, from the buildings that shelter us to the intricate architecture of the human body. Over time, her work evolved into building inner structures of safety, alignment, and freedom within the body-mind system.



Her Lineage

Her professional path includes years of experience as a yoga teacher, retreat facilitator, and researcher in female cyclical health, exploring how emotional patterns, stress, and trauma are stored and expressed through the pelvis and hips.

Rooted in the Vipassanā lineage of Venerable Mahasi Sayadaw and the Vedānta teachings of the Bihar School of Yoga under Swami Taponidhi, Laura embodies a rare synthesis of depth, stillness and embodied presence.

Her journey into yoga began in childhood, guided by her grandmother's gentle devotion. At Sixteen, her uncle introduced her to Sufi and Buddhist teachings, planting the seeds of a lifelong inner quest.

This search for truth led her to live among monks and nuns in Monasteries across Sri Lanka, India, and Spain, and to study in Indian ashrams with revered teachers such as B.N.S. Iyengar, Yogacharya Kadambari, Swami Taponidhi, and Vijay Kumar.

Through years of self-inquiry, silence, and devotion, Laura came to the luminous realization that everything we seek is already within us: we only need to remember.

Her presence carries the clarity of mindfulness and the grace of embodied awareness, guiding students into direct experience rather than conceptual understanding.



About the method

A method I've developed over the past several years, the Deep Hip Opening & Trauma Release work integrates **somatic awareness, myofascial release, and the natural tremoring responses of the body**. While *neurogenic tremoring* appears in many modalities, in this method it is approached through the gateway of the hips, the emotional and structural center where many people unconsciously store tension, stress and unresolved experiences.

This technique supports the body in re-activating its innate release mechanisms by working gently with the **nervous system**, not against it. Through specific hip-opening sequences, breath regulation, and mindful pauses, the practice helps stimulate the body's natural vibration responses, allowing deeply held patterns in the fascia, pelvis and lower spine to **unwind organically**.

In this approach, students learn not only how to access these tremoring states, but also how to integrate them through slow, attuned movement, guided breathwork, and moments of stillness. The work draws from **somatics, trauma-informed principles, and traditional yogic insight**, creating a pathway for emotional regulation, structural release, and a **deeper sense of inner safety**.

Ultimately, this method uses the **intelligence of the body** as the teacher. By combining hip-focused somatic release, breath, fascia work, and meditative awareness, it invites the whole organism to expand, soften, and remember its natural capacity to heal.

What's included

- 01 Weekly 1:1 online sessions (90 min)

- 02 A custom daily practice designed around your body & emotions

- 03 Somatic tools: breathwork (Pranayama), nervous system regulation, emotional awareness

- 04 hip-opening sequences for softening + deeper release

- 05 TRE-inspired trauma release inside our live

- 06 Ongoing WhatsApp support for reflection and guidance

- 07 Monthly integration sessions to track your evolution

How the journey flows



Month 1 Soften & Unlock

We prepare your nervous system, soften the hips, and build safety in the body. You begin to feel where emotion lives in the tissue and how to meet it gently.

Month 2 Release & Expand

We move more deeply into somatic release, TRE inspired shaking, breath and slow opening. This is where the emotional layers begin to unwind.



Month 3 Integrate & Embody

Your body starts to trust itself again. You feel more space, more softness, more awareness. We create long-term habits that support stability, openness, and emotional clarity.



Investment

Full 3-month mentorship: €1,000

Or monthly payments: €400 / €300 / €300

This is for you if you are looking for:

- Deep hip opening + trauma release
- Somatic nervous system work
- Real emotional holding
- High presence + check-ins
- People who want transformation, not casual sessions



I'd be honored to
guide you through
this deep and
beautiful journey.

With love,
Laura