

MY 3 STEPS TO UNLOCK SPLITS

For beginners to advanced yogis

WELCOME TO THE 3 STEP METHOD TO UNCLOCK SPLITS



WHO HERE HAS SAID "I'M JUST NOT FLEXIBLE ENOUGH" WHEN IT COMES TO THE SPLITS?"

Repetition and dedication alone aren't enough — especially if you're working the wrong way. To unlock your splits and keep them, you need the right combination of methods!

My promise to you is that I will share the combination of the 3 most effective methods that have unlocked my splits forever.

Because I want to see you succeed I will be here to guide and support you throughout this process! So feel free to reach out for any questions.

The three methods come from years of teaching, personal practice and in depth studying.

THE METHOD

Think of one step feeding the next

1. CORRECT PREPARATION:
PNF METHOD

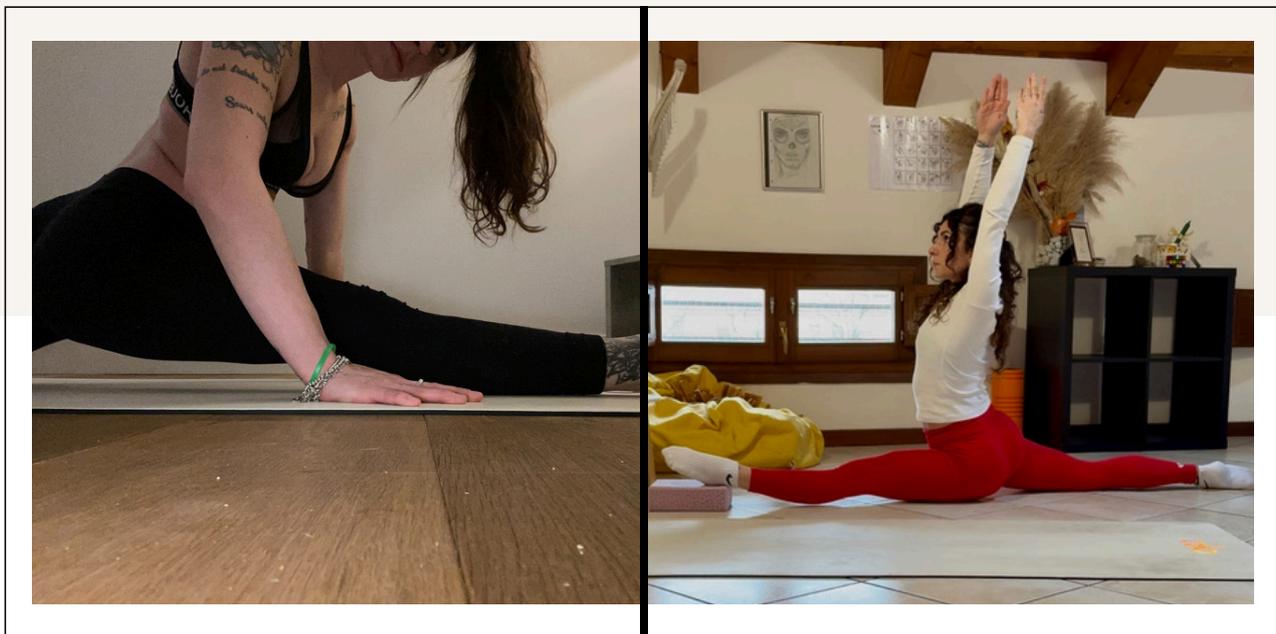
2. HIP OPENERS AND THEN
HAMSTRINGS

3. THE MIXED METHOD:
DYNAMIC & GENTLE RELEASE

4. BONUS TIP: FIGURE OUT
YOUR WEAK SPOT

DITCH THE ONE SHOT SOLUTION

In this ebook you will find the essential information on how to unlock your splits through my 3 steps method



WHAT THEY DON'T TELL YOU

Many make it seem like one pose is the magic secret to unlocking any advanced asana. But, as you may have already figured out, that's not true!

Muscles don't work in isolation — they fire in groups, coordinated to perform a movement. That's why one pose can't magically unlock your splits.

So ditch the one pose - all solutions method and try this.



ABOUT ELISA

I used to be a ballerina, so you'd expect splits to be easy for me, right?

Wrong! Despite the 9 years of training I never cracked the code to flexibility — until I found yoga.

Through studying biomechanics and gentle, science-based techniques, I learned to progress safely — without pain.

Today, with over 1,500 hours of yoga teaching experience and deep anatomical knowledge, I help students of all levels unlock strength and flexibility they never thought possible.

Let's dive into it!

01. CORRECT PREPARATION

Preparation is absolutely **fundamental**.

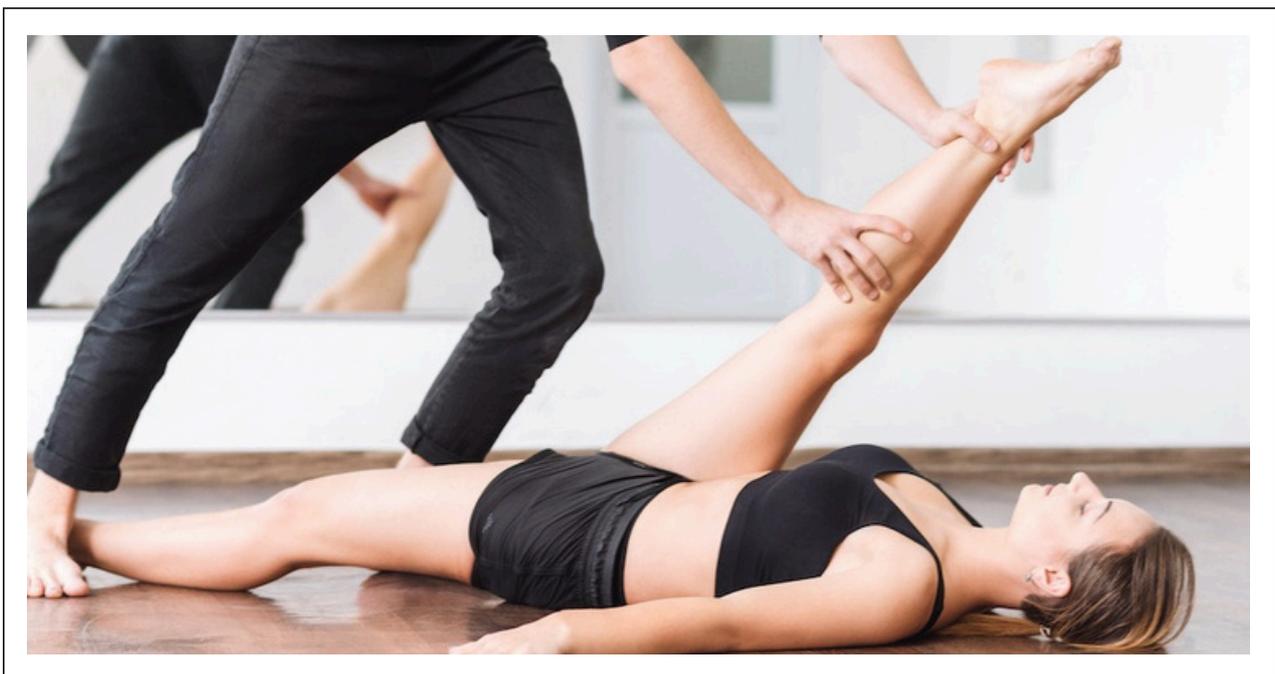
What you may not know is that there is a **scientifically and biomechanically based** method that decrease your possibility of injury and increases success rates.

This magic trick is called **PNF** - Proprioception Neuromuscular Facilitation.

PROPRIOCEPTION NEUROMUSCULAR FACILITATION

Fancy words to say that you want to contract the muscle you are going to extend and stretch. This prompts the muscle and prepares it for deep relaxation.

One extra tip: it only works if you do it in *repetitions of x3 or x5*.



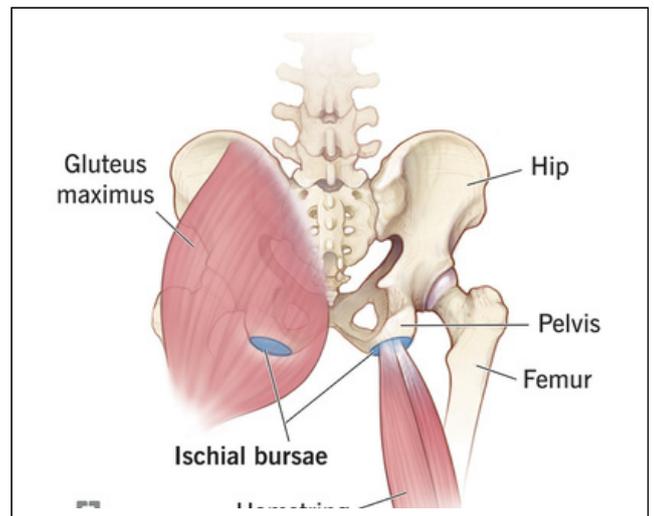
02. LESS HAMMIES AND MORE HIPS

Leave those pore hammies alone!

More often than not we focus on the length and flexibility of our legs, when really your legs are not more responsible than 50% of your splits.

YOUR LEGS ARE NOT THE PROBLEM

Muscles don't work independently, so if your hips are tight your hamstrings (and all the other muscles involved) are going nowhere.



In this case your hamstrings depend on the hip bones being open and tension free. Focus on that and see your practice flip 180°

TRY PIGEON POSE

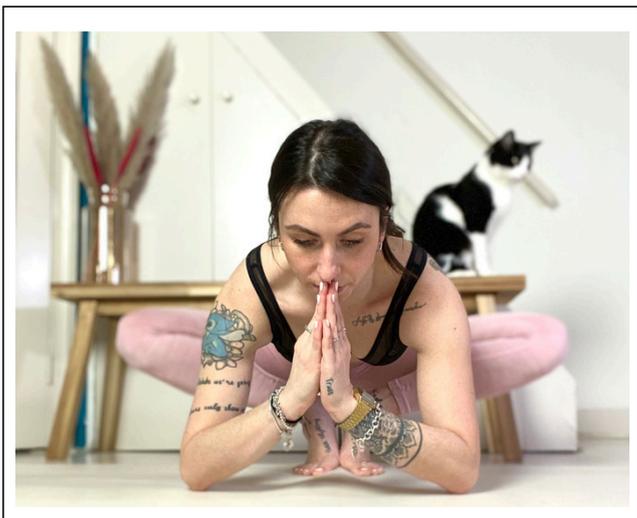
One of the most effective poses for hip opening and one of my personal favorites!

03. KINDNESS AS A FINAL TOUCH

Splits have to be painful and if you don't suffer you're not dedicated enough!

Welcome to another big lie. Forget everything you know about stretching and learn to listen yourself!

Stay in a gentle, and **pain-free zone!**



KINDNESS GOES A LONG WAY

Your body is not stupid. If you trick it into doing something painful once it won't do it for you twice. It'll remember and lose trust in you.

If you use gentle manners it'll create a positive memory of that action and the muscles will relax more easily.

Since you want to progress, why not enjoy the process and relax while doing it?

BONUS TIP FOR YOU!

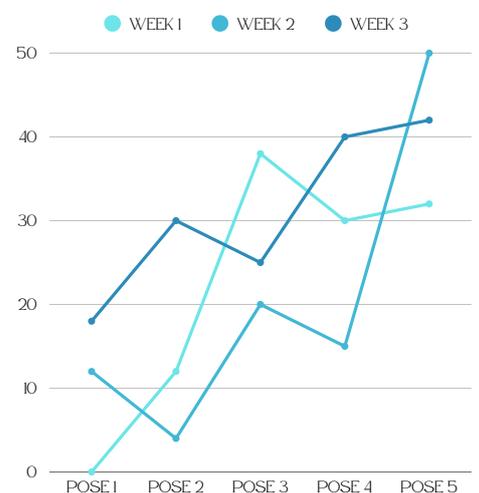
Working on personal goals always does the trick. Figure out which is your weakest of the three steps and focus on improving that one. Improve one at a time to really help your body not get confused and build muscle memory of that action. Then proceed with the next challenge.



KEEP TRACK OF YOUR PROGRESS

Your body is different every day so there could be days it will not perform as well as the day before. Let it be, respect it and note those details down.

Remember progress is made of ups and downs.



THE REAL ✨ MAGIC IS ABOUT TO HAPPEN



You've just learned the 3 secrets to unlocking your splits.

**But here's the truth:
the real magic happens when you identify your
personal weak spot and apply these secrets in the
right way for your body.**

💡 Remember — it's about the method, not the pose.

That's why I'm not giving you generic "one-size-fits-all" poses in this guide. Because the real transformation comes when you discover the exact pose, adjustment, and sequence that works for you.

And that's exactly what you'll get inside the workshop.

UNLOCK YOUR SPLITS WORKSHOP

In the workshop you will:

- Discover your personal blocker that's been keeping you stuck
- Practice a guided, step-by-step sequence with me
- Leave with a safe, personalized plan you can adjust on your own, because you'll understand the method

⚡ Spots are limited

[Save Your Spot in the Workshop](#)

