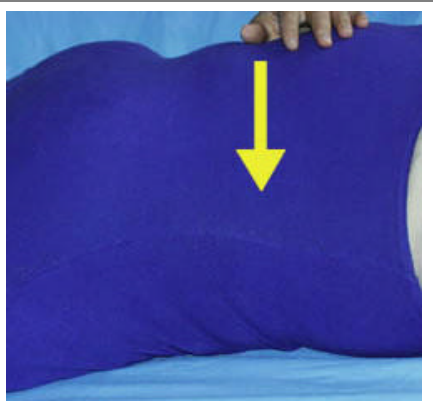


Pelvic Push

Level 1 / Posture 5

Press the small of your back against a supporting surface.
Hold for 6 breaths
Release Relax your back
Repeat 3 - 6 times
Pressing more and more firmly each time.



If you're going to go to the Pelvic Lift next, do this lying down, with your knees up and feet planted on the floor. Have your feet and knees about hip width apart.

You Will Feel It In your lower back & abdominals

Pelvic Push is a good, all purpose strengthener for the lower back and abdominals. It can be done anywhere, lying down or sitting, but you need a firm surface to push against.

Breathing

Breathe in
Breathe out, pressing your back against the supporting surface.
Hold Breathe in & out **6 times**
Release
Breathe in, relaxing your back

Yoga Snack

Commercial Break: Next time commercials come on TV, instead of toddling off to the kitchen, lie on the floor and do a few rounds of the Pelvic Push.

Benefits: Strengthens Lower Back & Abdominals
Time to Do: 1 – 3 minutes.
Body Parts Used by This Posture: Abdominals; Lower Back; Bum
Try Warming Up with: Bust Expansion
This Posture is Good before: Pelvic Lift; Leg Fold; Rock & Roll
Good After: Shoulder Stand; Plow
Builds you up for: Pelvic Lift; postures that require abdominal & lower back strength
Combines Well with: Pelvic Lift
Energy Center Used: Belly (Navel) center

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Pelvic Lift

Level 1 / Posture 14

Lying on a firm surface.
Head, body, hips & legs lined up with each other.
Knees up. Feet planted on floor.

Tip Have feet on floor almost under knees, but not quite – have them a little farther away from your head than your knees.

1. Press your lower back against the floor (as if you're going to do a **Pelvic Push**)

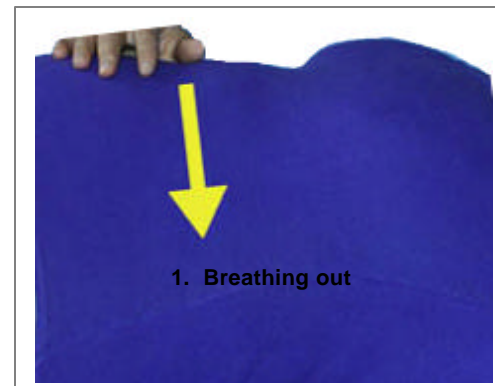
2. Do not hold the Pelvic Push. Continue by raising your hips up into the air.

Progress Markers

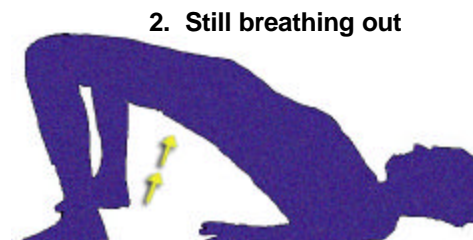
You may only be able to manage a slight lift at first. For some people, the lift is so slight that it's little more than a tilt. And maybe you can only hold it for a few breaths. This means you can really benefit from this pose, so stay with it and you'll eventually gain more and more height and hold it longer.

Safety Tip Do not support your neck and head with a pillow or cushion during this exercise. The head and neck and spine must be in line with each other at the start. If you cannot do yoga without supporting your neck, either do not do this pose, or do it, without a cushion, extremely lightly, with only a very small lift.

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1. Breathing out



2. Still breathing out

Hold for 6 breaths
Release while breathing out

Common Errors

-Having the legs & feet together.
That makes the pose harder!
-Having the feet too far away from the hips or too close to the hips. That will also make the pose harder.
Try to have your upper legs, lower legs and feet form a nice, even triangle.