

**Benefits:**

Builds strength in abdominals, lower back, thighs & buttocks. Loosens shoulders gently.

**Body Parts Used by This Posture:**

Abdominals, lower back, thighs, buttocks &, to some extent, shoulders.

**Good Before:** Shoulder Stand, Plow, Back Push Up, Incline Plane, Half Bow, Bow, Balance Posture

**Good After:** Pelvic Push, Shoulder Stand, Plow, Back Push Up.

**Combine with:** Pelvic Push, Pelvic Lift Extension

**Builds you up for:** Poses that require strength in the abdominals or quadriceps, Shoulder Stand, Plow, Cobra, Bow, Back Push Ups.

**Energy Center Used:** Mostly Belly center; also Root center & Solar Plexus center.



The Pelvic Lift is an excellent pose for loosening up frozen shoulders, without demanding too much of them. It develops abdominal strength, builds up your quadriceps, and helps develop that famous “yoga butt”.

It ties in nicely with the breath, so if you use it with various breathing themes, it will help you build the mind-body connection.

**Start**

Lying flat on a firm surface.

**Be Sure** your neck, spine & hips are lined up with each other.

Arms by your sides.

Chin facing forward.

Place your feet flat on the floor, knees up

Have your feet about hip-width apart



**TIP** Have your feet almost, but not quite, under your knees. If you place them too far away from your hips or too close to your hips the pose will be harder.

**Next**



Push your lower back into the floor, flattening it. This will produce a Pelvic Tilt.



Immediately continue, by raising your hips up into the air.

**Tip** Your aim is to form a straight line from your knees straight down to your shoulders, eventually!



**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. This means you can really benefit from this pose, so stay with it and you'll eventually gain more and more height.

**Tip** Once you're in the pose, take a few breaths to relax your shoulders and arms. Then just focus on your breathing and the pose will take care of itself.

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**Hold for 6 breaths**  
or until you've reached your limit, plus one extra breath

**Release**  
Lower your body down onto the floor

**Do 3 Repetitions**  
Try going a little higher each time, but not to the point of pain or strain in your lower back!

**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.

**Breathing**

Breathe in



Breathe out, press your back into the floor. But do not stay there.



Still Breathing out, raise your body up.

**Hold for 6 breaths**

**Release**

Reverse your movements while breathing out

**Encouragement**

For some people, it can be hard to hold this pose for any length of time. If 6 breaths is too long, listen to your body, release after your body has worked a little, but don't hold it so long that anything's starting to hurt. Or, if you want to hold the pose longer, adjust the pose by not raising your hips so high. For some people, that means the lift is little more than a tilt, but that's OK. In time your body will build up the strength and endurance to lift higher and hold for longer.

**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.

**Try Combining the Pelvic Lift with the Pelvic Push**

by holding the Pelvic Push (the Pelvic Tilt) for several breaths before going into the Pelvic Lift.



Breathe in

Breathe out, press your back into the floor. **Hold this position** for 2 – 6 breaths or until you've reached your limit.

Breathe in

Breathing out, raise your body up. Hold then release.

Is the Pelvic Lift not challenging enough? Try turning it into Bridge Pose, or adding the Pelvic Lift Extension.

**Bridge Pose** – Level 2 to 3 Difficulty

Go into your Pelvic Lift as you normally would.



Once you are in position, join your hands underneath you, lacing your fingers together in a fist.

Use your fist to press against the floor, to give you more extension every time you breathe out. Continue as usual for the Pelvic Lift. When you release the pose, relax your hands on either side of you.

**Pelvic Lift Extension** – Level 3 to 4 Difficulty

After you have done 1 – 3 rounds of the Pelvic Lift, you can add this step:



Go into the Pelvic Lift as you normally would.

Once you are in position, raise one leg so that it follows the line of your body upward. Do this while breathing out.



The idea is to have a straight line from your shoulders, up your body, along your leg, to your foot. Leg is straight but not tight. Your foot can be relaxed.

**Hold the pose for 2 – 6 breaths**  
or until you have reached your limit.

**Release while breathing out.**

**Relax.**

**Repeat with the other leg.**

**Follow with: The Leg Fold**

**Safety Tip:** While doing the extension, don't go to the point where your lower back is pinching or burning. If that happens, lower your leg until the feeling goes away.

To gain more extension while protecting your lower back, you can support your back with your hands. Allow your remaining weight to be supported by your shoulders, upper arms, elbows and remaining foot.