

## Pelvic Push

Level 1 / Posture 5

**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

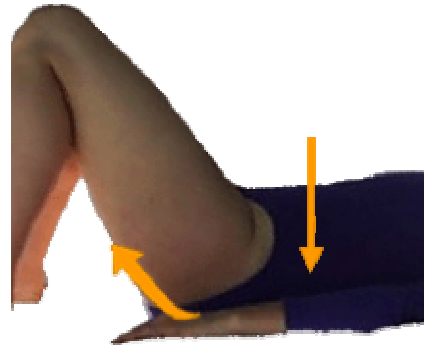
**This Posture is Good before:** Pelvic Lift; Leg Fold; Rock & Roll

**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



This may be familiar to anyone doing remedial back exercises, doing physiotherapy for their back, or building back strength for weight lifting. It's 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.

### 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.

### Start

**Sitting** Feet flat on the floor, back against a firm surface like a chair or wall.

### OR



**Start Lying down** on your back.

Knees up; feet flat on the floor or tub

Feet hip width apart. Do this lying down if you're going to go to the Pelvic Lift next.

**Then**

Press the small of your back against the floor / tub / chair.  
(So that your whole back is in contact with the supporting surface.)

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

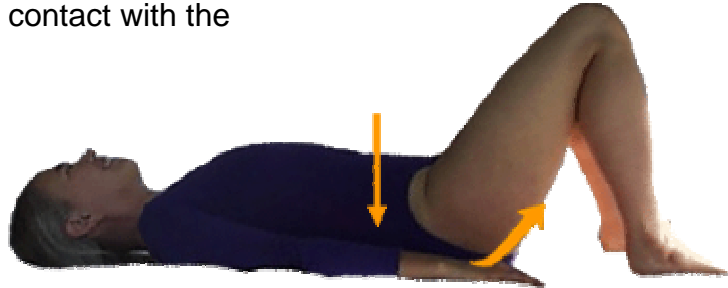
**Release**

Relax your back

**Repetitions 3**

Try pressing a little harder with each repetition.

**Tip** The harder you want to work your back, the harder you need to press against the supporting surface.



**Recommendation**

Follow with **Pelvic Lift**

<p><b>Breathing</b></p> <p><u>Breathe in</u></p> <p><u>Breathe out</u>, pressing your back against the supporting surface.</p>	<p><b>Hold</b> <u>Breathe in &amp; out 6 times</u></p> <p><b>Release</b></p> <p><u>Breathe in</u>, relaxing your back</p>
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