

Pelvic Tilt

The Pelvic Tilt is a movement that is essential in getting the most out of many yoga poses. It aligns your spine and shifts your weight over the center of your feet. In this way, it protects your lower back from injury, help you stand straight without working hard, helps you get better extension and helps you balance better. You'll use it for most standing poses, many reclining poses and for many balancing poses.



To understand the Pelvic Tilt, we recommend you practice the Pelvic Push. The movement is basically the same.

A Pelvic Tilt involves a slight shift in your hips, so that the groin area is moving forward, while the upper hip is tilting up and back. This flattens out the curve in your lower back slightly. If you're standing, you'll also feel yourself straightening up.

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.

Here's how to get a feel for the Pelvic Tilt

Start

Sitting, standing or lying down.

Your back needs to be against a firm surface like a chair or wall.

Then

Press the small of your back against your supporting surface, so that more of your back is in contact with the surface.



Notice how your hips shift when you do this. Your pelvis tilts. The bottom part is rotating upward a bit. The top part is rotating back a bit. Some people feel this in their thighs, as their weight shifts.

You might like to practice this movement until it feels very natural to you. A good way to practice is by doing the Pelvic Push exercise.