

Heal.thy Low Back Movement Map Full Freedom

Softball In Your Iliopsoas (pronounced ilio-soaz) and Down Your Inguinal Crease to your Gracilis



Lie on your belly. Place a softball-sized ball into the inside of your right hip bone. Roll into your pubic bone and pull back to your hip bone. Roll slowly down and into your inguinal crease, the top of your leg to your inner groin. The right iliopsoas represents fear of the outer world, others, and situations outside of yourself. Breathe out the fear and breathe in gratitude for your authentic self. The right gracilis groin area holds unprocessed anger toward the outer world.

When ready, it's time to do the left side. Place the softball-sized ball into the inside of your left hip bone. Roll into your pubic bone and pull back to your hip bone. Roll slowly down and into your inguinal crease, (the top of your leg), about halfway to your inner groin. This is the path of the iliopsoas; the fear muscle pulls your knees into your chest when you are in fear. The left side represents fear of yourself, your inner world, your guidance system. Breathe out the fear of self, breathe in and claim your authentic self. The left groin holds unprocessed anger toward yourself.

Noodle Ball in Lower Back Rolling Up And Off Your Shoulders



Begin by lying on the floor. Keep your knees bent and place a Noodle Ball in your lower back just above the pelvic rim (most people's pelvic rim is too bony for the Noodle Ball to be comfortable), keep rocking side to side as you roll the Noodle Ball into your lower back. Hug your knees to your

chest and keep rocking side to side. This is the space of your lumbar spine. Roll out the knots of tension so the lumbar vertebrae stay in alignment as you go deeper into the upper back..

Keep rolling the Noodle Ball up to where the navel is and the beginning of your thoracic spine. This is where your power center begins. Rock side to side to work out the knots of tension in this space. Rock and flow the Noodle Ball all the way up to right below your shoulder blades.

Rock and roll the Noodle Ball up to your heart space. Your heart space is the space of love; your spiritual center. Keep rocking and rolling the Noodle Ball up until you come off the tops of your shoulders.

Ball in your butt cheeks



In sitting, place a softball sized ball in your right butt cheek. Roll around and find knots of tension. Hold and breathe on the knots, letting go of control and guilt toward others.

You can come down to your elbows or lie all the way down if your arms aren't strong enough yet or your wrists have pain.

Switch sides when ready. In the left butt cheek, you are letting go of control and guilt inside yourself.

Little Boat Pose



Lie on your back and bring your knees into your chest. Hug your knees to your chest and breathe deeply in and out of your belly. Feel your knees dropping into your body as you exhale and away from your body as you inhale. Feel the gentle rocking motion. Make circles on your sacrum (the triangular bone at the bottom of your spine) go both directions. You can also rock gently side to side. Hold and breathe as you rock and/or circle.

Iliopsoas Quad Opener



From lying down, bring your knees into your chest. On an exhalation, bring your left foot to the floor, keeping your right knee into your chest. Walk your left foot to the right. Drop your left knee to the floor as you pull your left heel into the center of your right butt cheek with your right hand. Hold, breathe and let go of fear.

Switch sides and do the same thing on the other side.

Inner Leg Stretch



Lie on your back and bring your hands to the inside of your knees. Allow the weight of your hands to drop your knees apart. Hold & breathe and allow your inner legs to release held anger. If you want to go deeper, extend through your heels and straighten your legs. Hold and breathe.

Butt cheek stretch



Lie on your back and place your right ankle on your left knee. Place your hands on the back of your left thigh and draw your left knee in toward your chest. Find your edge and hold and breathe. Let go of control and guilt toward others in your outer world.

When ready, switch sides. On the left side let go of control and guilt toward yourself.

Lying Squat



Bring both knees to your chest, pause, come into full Lying Squat by holding the balls of both feet with your hands and drawing your knees to the outer edge of your body. Your heels move away from your buttocks and feet toward your head. Breathe, allowing the body to move on the waves of the breath.

Straighten one leg as the other leg stays in lying squat. Hold and on an exhale switch sides. Do several times and come back into Lying Squat when ready.

All Fours



Come into a cat by bringing your knees under your hips and your hands under your shoulders on all fours. Bring your ribs up and in toward your pelvis, roll your inner arms out and squeeze your scapula together, finding neutral lower back. From there, you can move your head and neck around and circle your hips in both directions.

Lunge



From all fours, step your right leg forward into a lunge. Walk the right foot as far forward as possible.

Press your back foot into the earth and drop your pelvis down and forward.

Roll the inner arms out and on each exhale drop your tail and each inhale open your heart. Use a block if it's difficult to get your hands to the floor.

On an exhale, pull your right knee into your chest and turn your chest to your right knee. Hold and breathe dropping your tail down on each exhalation.

Switch sides when ready by backing up your bottom and stepping back to All fours.

Lunge Dropping To Elbows



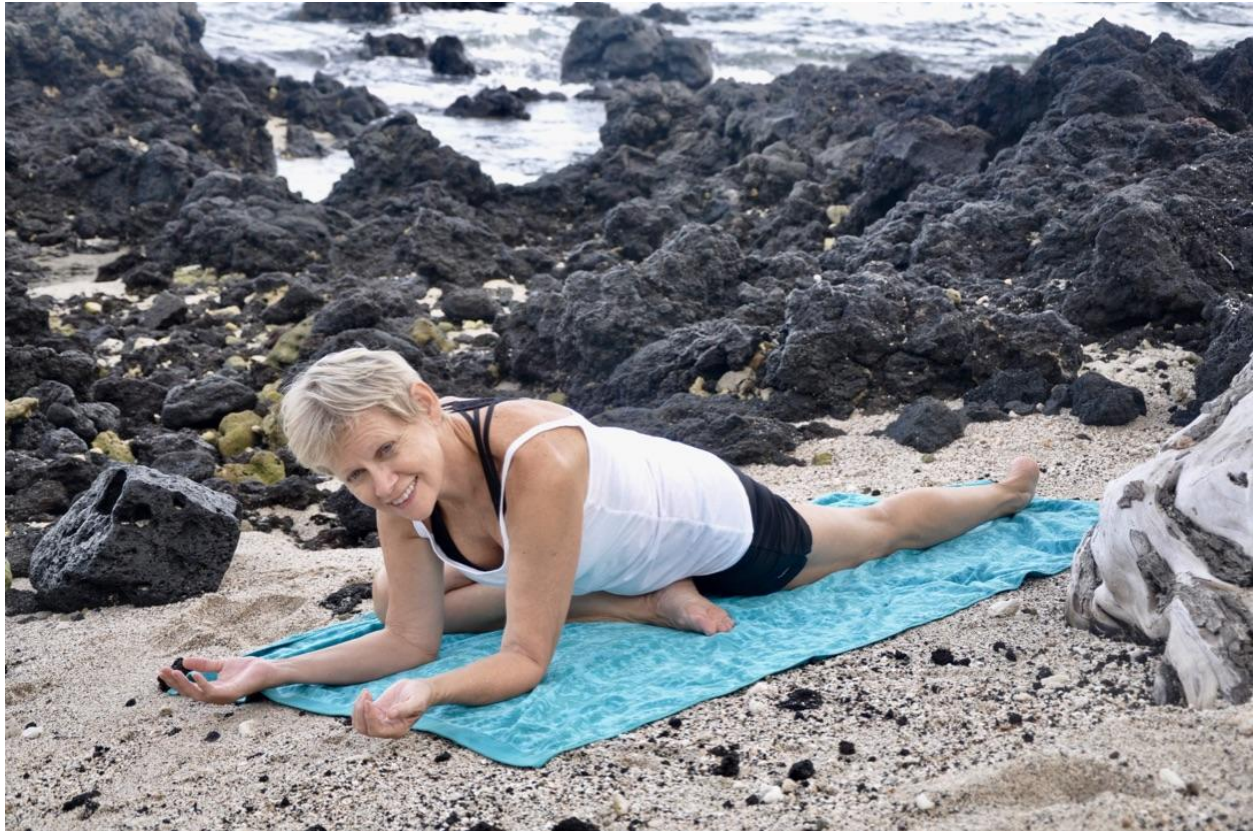
From all fours step your right leg forward and walk your right foot as far forward as it will go. Drop your tail down and forward. Use a block if you have trouble bringing your hands to the floor. Hold and breathe.

Take your hands to the inside of your right foot. Walk your right foot further forward if it can. When ready, exhale and bend your elbows placing them on the floor without dumping your pelvis. Feel the stretch deep in your inner upper leg. If you can't do this -- stay up on your hands or place your hands on a block. Hold and breathe.

When ready to come out back your bottom up and step your front foot back. Come to all fours and switch sides.

Releases the upper groin muscle to let go of held anger.

Pigeon



From all fours take your right ankle to the outer edge of your left knee. Slide your left leg back as far as it can go. If your bottom is not on the floor on the right side place a pillow or block underneath it. Stay up on your hands and roll your inner arms out. Keep your head and neck loose and free.

When you are ready, drop down to your elbows and hang your head. Hold and breathe.

When ready switch sides by coming back to All Fours and taking your left ankle on to the outer edge of your right knee. Slide your right leg back as far as it can go. You are letting go of fear and control at the same time in pigeon pose.

Down Dog With The Leg Back



From Down Dog bring your right leg straight back behind you lift your right hip to the sky and bring your straight strong right leg back behind you. Hold and breathe. When ready, switch sides. Let go of fear.

Standing Posture



Stand with your feet inner hip-width apart, lined up from the inside of your hip bones. Press into the outer edge of your heels, lift and spread your toes, then set them down gently on the earth without gripping. Feel your legs ground.

Allow your sacrum and tail to drop down, your ribs to snap in and down toward your pelvis. Roll your inner arms out and squeeze your scapula together, forming back cleavage. Breathe in and out of your open heart and allow your head to rest on top of your spine.

Standing Iliopsoas and Quad Release



From standing, bring your weight onto your left foot, exhale and draw your right knee to your chest, pause and feel the length of your lower back. Take your right hand down your shin as you drop your knee toward the floor.

Attempt to bring your knees even with one another while keeping a long lower back. Switch your grip to your left hand and bring your right heel toward your left buttocks.

Breathe and flow on the waves of the breath as you hold.
Exhale back to standing and switch sides. Let go of fear.

Standing butt cheek stretch



From standing, take your left ankle on your right knee. Slowly fall forward bending your standing leg and bring your hands to the floor, block or a chair. Bend your standing leg until you get deep into the stretch. Hold and breathe out control.

Come back up the way you dropped in. Find standing before doing the same thing on the opposite side.

Forward Fold



From standing, on an exhalation, drop forward into a standing forward bend. Allow your upper body to be loose and free. Your legs ground, your knees can be slightly bent or straight and your feet are connected deeply to the earth. Push into the outer edge of your heels and spread your toes wide apart. Breathe and hold.

Child's Pose



From all fours, bring your bottom back to rest on your heels. If your knees hurt don't go all the way back to the heels.

Allow your head to come to the floor. Arms along side your body or overhead. Let go and breathe and feel what you've done in this practice.

Hug Your Knees



Stay on your back and pull your knees into your chest. Lightly hug your knees to your chest and rock on the waves of the breath. Make circles on your sacrum. Go both directions. Rock side to side on your sacrum to create space in your lower back.

Yoga Nidra



From Little Boat take your right foot into your right hand. Take your right knee to the outer edge of your body. Pull your foot toward your head. Take your left hand on your right heel. Bring your right arm to the inside of your right leg round up your head and bring your right knee over your right shoulder. If you can bring your foot behind your head. If your foot doesn't go behind your head, place a block behind your head. Hold and breathe. Switch sides when ready.

This pose puts your sacrum back into alignment.

Rest



Lie on your back with your knees bent and let go into the earth. Feel your feet resting on the earth, pause a moment and honor your ancestors.

Feel your energy flowing in and out of your legs. Pause and appreciate your childhood and the teachings of your Mom and Dad.

Feel your lower back resting on the earth and breathe in and out of your pelvic bowl.

Stay here for a few minutes.