

Heal.thy Low Back Movement Map Guilt/Control

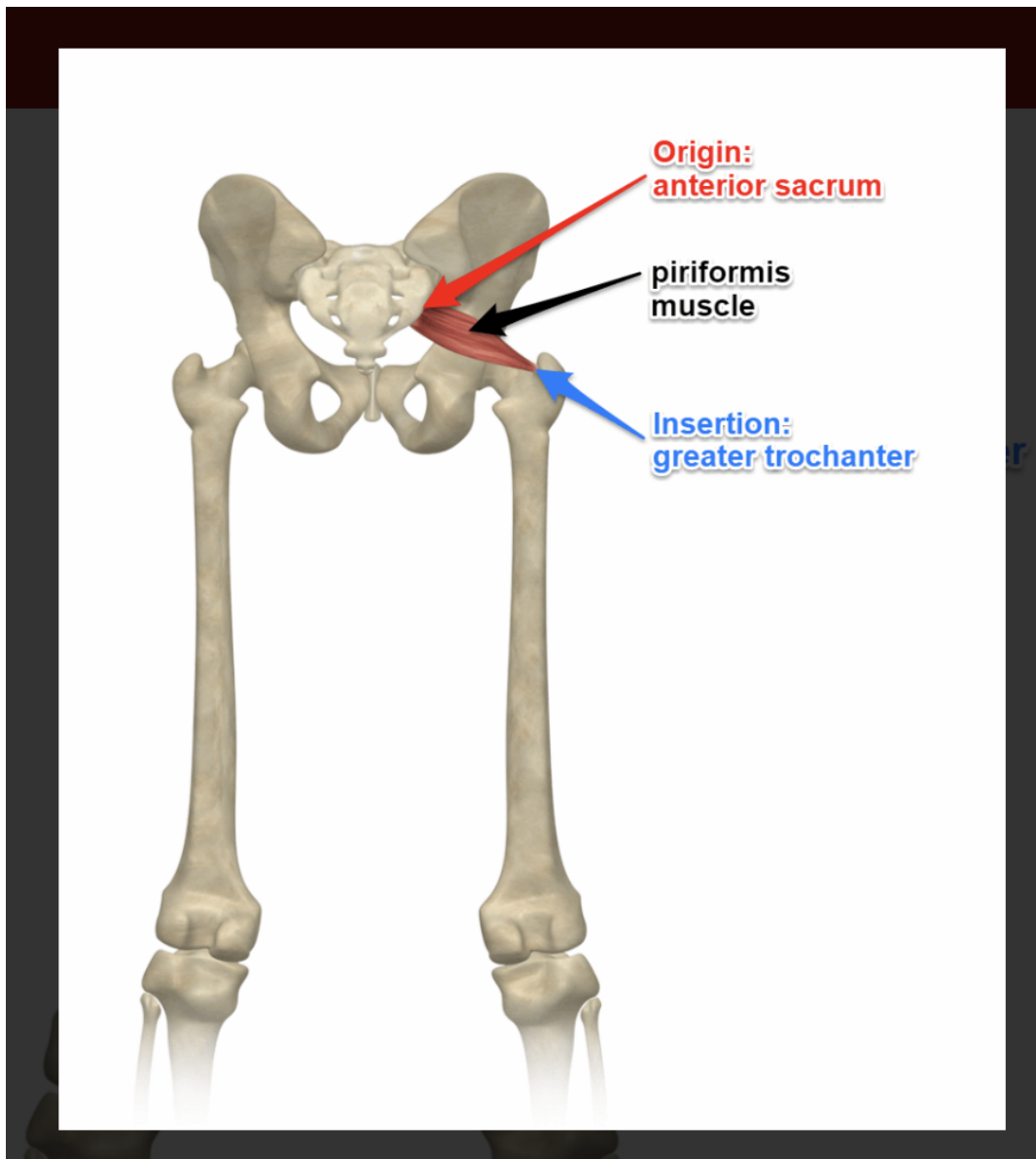
Ball in your butt cheeks



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 in your outer world

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 your left butt cheek, you are letting go of control and guilt in your inner world.



Physical Anatomy - Piriformis Muscle

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.

Fire log pose



Sit with your right leg and ankle lined up in front of you. Extend through your right heel. Cradle your left ankle and knee and bring your calf up to your chest. Extend through your left heel. Rock your left leg back and forth. Feel the movement in your left hip socket.

When ready set your left ankle onto your right knee. Drop your left knee toward your right ankle. Walk your right foot forward if it slides in toward your buttocks. On each exhale drop your left knee toward your right ankle. If the left knee touches the right ankle walk your hands forward bringing your chest down to your left calf. Hold and breathe.

If your left knee is up in the air take your left hand on your knee and gently press down with each out breath. If you are really tight bring your right hand behind your buttocks and lean back or sit up on a block or a chair.

When ready switch sides with your left leg and ankle lined up in front of you. Extend through your left heel. Cradle your right ankle and knee and bring your calf up to your

chest. Extend through your right heel. Rock your right leg back and forth. Feel the movement in your right hip socket.

When ready set your right ankle onto your left knee. Drop your right knee toward your left ankle. Walk your left foot forward if it slides in toward your buttocks. On each exhale drop your right knee toward your left ankle. If the right knee touches the left ankle walk your hands forward bringing your chest down to your right calf. Hold and breathe.

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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.

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 ready, drop down to your elbows and hang your head. Hold and breathe. When ready switch sides by 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



From all fours, with hands under shoulders, knees under hips, ribs up and in, roll your inner arms out as you squeeze your shoulder blades together.

Exhale, lift your knees and come up to Down Dog, pressing your heels to (or towards) the floor.

Hold and breathe for about 2 minutes.

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. Allow your head to stack on the top of your spine. Breathe in and out of your open heart.

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 and come back to 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 connect 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 alongside 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.

Half-shoulder stand with your ankle on your knee



From Little Boat Pose walk your shoulder blades in towards your spine and down toward your tail. Press into your elbows and on an exhale flick your shins and come up into a half-shoulder stand with your buttocks resting into your hands.

Place your right ankle on your left knee and bend your left leg. Hold and breathe. When ready switch sides. When done take your ankle off your knee and roll out slowly.

Rest



Lie on your back. Bend your knees 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 mom and dad.

Feel your lower back resting on the earth and visualize your pelvic bowl, the container of your creativity. Claim your gifts and talents. You were born with them. Say thank you, thank you. Stay here for a few minutes.