

Heal.thy Low Back Movement Map Overcoming Fear

Softball In Your Iliopsoas (pronounced ilio-soaz) And Psoas -- Down into your quads, just above your knee -- Up around your pelvic rim to the outer edge of your belly in your psoas



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, about halfway 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.

Keep rolling the ball down to your quads, across to the outer leg, and back to the inner leg and down to above your knee. The quads hold your fear response: flight, fight or freeze. Breathe out your held fear responses. Breathe in freedom.

Bring the ball back up to the inside of your right hip bone. Breathing in and out roll the ball up along the edge of your pelvic rim to the outer edge of your belly. As you breathe deeply slowly bring the ball up to the edge of your right floating ribs. Breathe and hold.

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

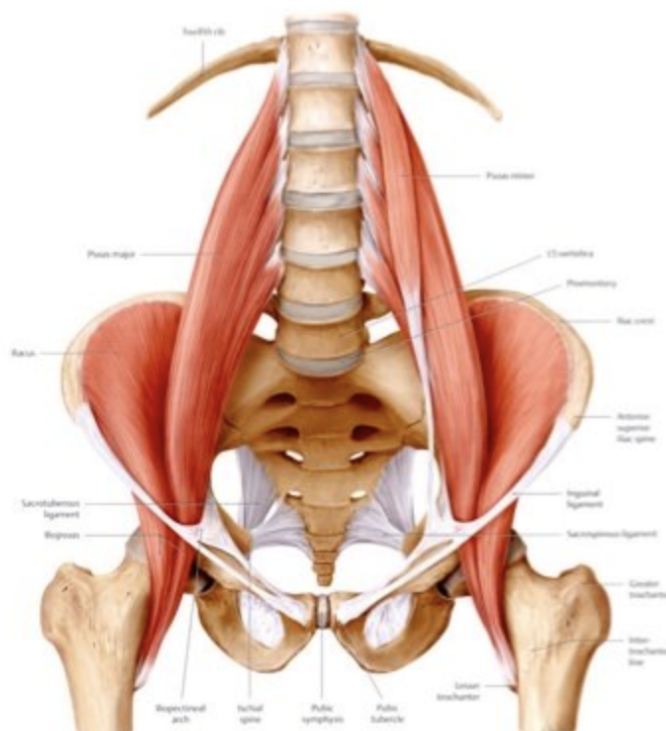
groin. This is the path of the iliopsoas; the fear muscle pulls your knees into your chest when you are in fear. The left side represents fear of yourself, your inner world, your guidance system. Breathe out the fear of self, breathe in and claim your authentic self.

Keep rolling the ball down to the top of your quads, rolling across to the outer leg and back to the inner leg and down to above your knee. The quads hold your fear response: flight, fight or freeze. Breathe out your held fear response. Breathe in freedom.

Place the ball back up to the edge of your left floating rib. Breathe in and out rolling the ball down along the edge of your belly and pelvic rim back to even with your left hip bone. On the left side, you start up at your floating rib and move down along the belly as this is how the intestines empty.

Anatomy: Two Muscles in One

The iliopsoas is actually comprised of two muscles: the psoas muscle and the iliacus muscle.



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. Let go of fear.

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

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.

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 a 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 the 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.

Keep your head centered so there are no wrinkles in the back of the neck. Hold and breathe. Switch sides.

Lunge With The Leg Up The Wall



Come to a wall with a folded blanket set right up to the wall. Exhale and bring your left knee up the wall. Step your right foot forward and walk your foot as far forward as it will go. If your right foot can't step forward just slide your right knee as far forward as possible. If you need to use a block for your right hand. Exhale drop your pelvis down and forward. No wrinkles in the back of your neck. Hold and breathe. When you're ready come out by backing up your bottom and stepping your left knee forward. Rest and switch sides.

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.

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.

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.

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.

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 and come back to standing. Switch sides.

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.