

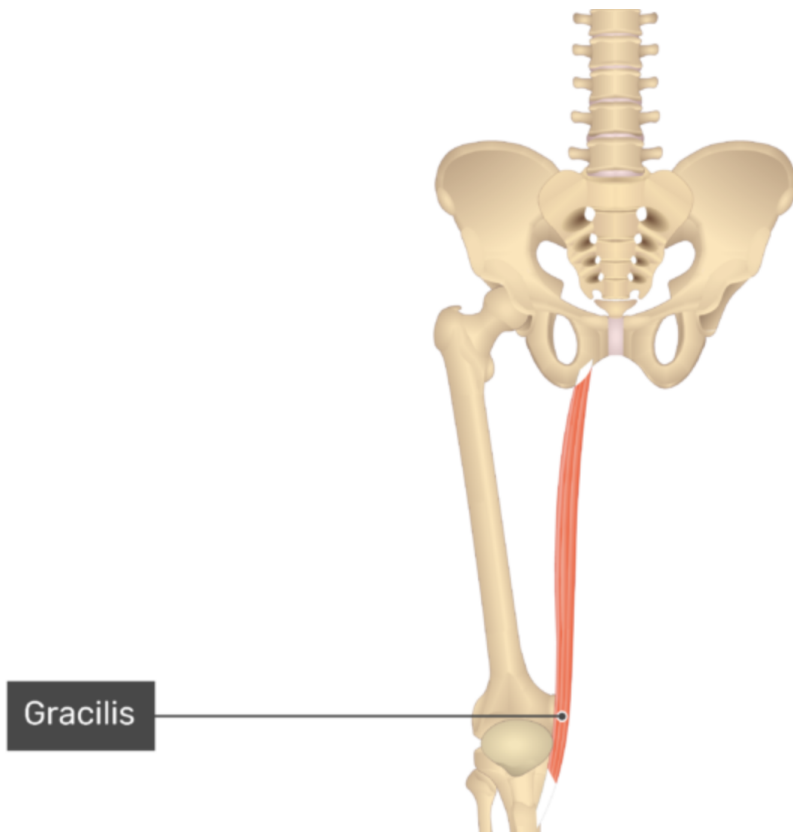
Heal.thy Low Back Movement Map Releasing Anger

Ball From Your Inner Groin (Gracilis Muscle) to the Inner Knee



Place a softball deep into your right gracilis muscle. Roll from your inner groin down to your knee. Find knots of tension and breathe and hold. Release anger toward others and situations outside of yourself with each out-breath. Put the softball up on a block if you need to dig in deeper or can't reach your inner leg.

Switch sides and breathe out anger toward yourself.



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 and 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.

Lying Squat



Take both knees to your chest, pause, come into full Lying Squat by holding the balls of both feet with your hands and drawing the knees to the outer edge of the 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 a lying squat. Hold and on an exhale -- switch sides. Do several times and come back into a lying squat when ready.

Legs Wide Apart Pose



From sitting with your legs straight in front of you. Extend through your heels and bring your toes back. Walk your legs wide apart. Roll your inner legs in so your feet are straight up or slightly turned in. Place your hands behind your bottom as close as you can get to your butt cheeks. Inhale lift your bottom up and exhale scoot yourself forward. Do this several times until your legs are as wide apart as is comfortable for you.

Hold and breathe. When ready bring your hands to center between your legs and slowly walk your hands forward. Exhale take your chest toward the floor keeping your tail down and lower back long. Drop to your elbows if possible. Flip your palms up, hold and breathe.

All Fours



Come into a cat by bringing your knees under your hips and your hands under your shoulders on all fours. Take 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 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.

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. Breathe in and out of your open heart.

Wide-legged Standing Pose



From standing push into the outer edges of your heels. Walk your legs apart as far as they go. Keep your tail down as you fall forward with your hands to the floor. If your knees bend, put your hands on a block. Keep pushing into the outer edges of your heels.

If you can drop to your elbows. Hold and breathe. You can try to lengthen the top of your head to the floor. If you can't get your head to the floor just let your head hang.

Forward Fold



From standing, on an exhale, 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 your 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.

Yoga Nidra



From little boat, take your right foot in your right hand. Take your right knee to the outer edge of your body. Pull your foot toward your head as you straighten your left leg. 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 mom and dad.

Feel your lower back on the earth and visualize your pelvic bowl, the container of your creativity. Claim your gifts and talents. They are gifts freely given by the Universe. Say thank you, thank you. Stay here for a few minutes.