


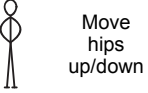
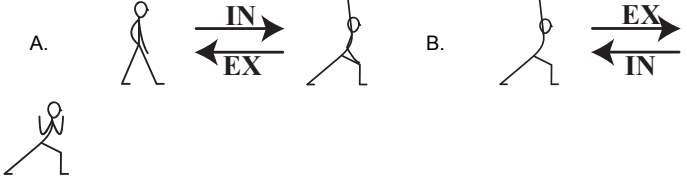

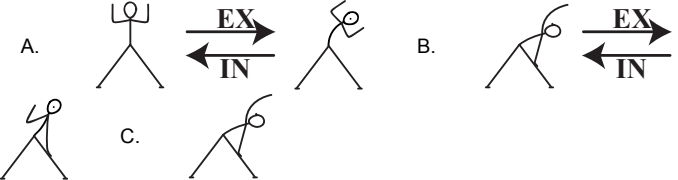



## Pelvis leveling practice

**STUDENTS:** Almost anybody; some experience with yoga is helpful. Might be problematic for students with acute sacroiliac issues.

**INTENTION:** To alternately stretch and contract the lateral structures of the torso (obliques, QL, iliacus, TFL); to facilitate deeper breathing by stretching the intercostal muscles and expanding the ribcage; to create more balance between right and left sides of the body by working with each side individually.

1		6-12 breaths	Sukhasana. To get settled, to observe the flow of the breath, to compare right and left side of the body.
2		4 breaths	Vajrasana. To warm up the lower back, hips and shoulders.
3		3-4 breaths	Brief Adho Mukha Svanasana. To lengthen both sides of the torso, to transition into standing.
4		6-12 breaths	"Salsa move" To loosen up the QL muscles.
5		A. Repeat 4x B. Repeat 4x Then switch sides.	Virabhadrasana 1. To stretch anterior structures of the body (chest, hip flexors, thighs) on each side; to continue lengthening on right/left side. Support your lower back by contracting your abdomen on EX.
6		4 breaths	Prasara Padottanasana. Compensation for #5. To stretch the back and hips and to relax the shoulders after Virabhadrasana.
7		A. Repeat 4x B. Repeat 4x C. Stay 4 br D. Stay 4 br	Utthita Trikonasana adaptations. To alternately stretch and contract the lateral structures of the torso and neck.
8		4 breaths	Chakravakasana. Compensation for #7 and transition. To stretch the back and relax the shoulders.

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9		Repeat 4x, stay 4 breaths	Vimanasana. Compensation for all asymmetrical poses above. To stabilize the sacrum and the lower back.
10		Repeat 4x	Apanasana. Compensation for #9. To stretch the lower back.
11	<p>A. </p> <p>B. </p> <p>C. </p>	<p>A. Repeat 4x</p> <p>B. Stay 4-6 breaths/ea side</p> <p>C. Hug the knees to the chest.</p>	Jathara Parivrtti lateral adaptation. To stretch the lateral structures of the torso. Make sure to keep both buttocks on the floor as you move your legs and left arm to your right, turning the head to the right. Create a crescent shape with your body without lifting your hips.
12		Repeat 4x, stay 4 breaths. Switch sides.	Parighasana. To alternately stretch and contract the lateral structures of the torso.
13		Repeat 4x, stay 6 br.	Paschimottanasana. Compensation for #12. To stretch the lower back and mobilize the shoulders.
14		Repeat 4x, stay 4 br.	Dvi Pada Pitham. Compensation for #12 and #13. To mobilize the spine, stretch the hip flexors and neck, to prepare for rest.
15		Stay 3-5 min	Savasana. Get settled. Compare right and left side of the body, notice if there is a difference from the beginning of the practice. Rest.
16		12 breaths.	Sukhasana. Breath awareness. Deepen the breath. Notice the expansion of the ribcage forward/back/outwards/upwards. Gradually deepen the breath, facilitating that expansion. Imagine yourself growing taller. Observe the effect of the practice.