

## **PELVIC LIFT**

Segment 1 June 2016 CFRc

### As go up

1. Let chin move as come up high unto shoulders and base of neck
2. Let chin tilt down as press up spine in a push from pelvis upward/ back of neck lengthens/crown moves upward

### As come down

1. Flexion - wt press into floor downward until turns into extension when legs long. can add continue into arch belly and pelvis roll down..
2. Extension - slight pull/traction to lengthen/create space between vertebra.(pulled from knees over glued feet)as set vetebrae downward

### Variations

1. arms up to ceiling/back of knuckles face each other/alternate press shoulder into floor.
- 2, up and down sides of ribs/one hip drops/ other hip raises/ don't touch low back to floor.
3. arms out to side in a cross or above head.

## **Concepts** segment one

We function as we sense –not as we are

We act according to our own self image MF

When learning do not have any intention of being correct MF

It is incorrect to correct MF

