

# UNIVERSAL PELVIC EAR/SACRUM/LUMBAR RELATIONSHIP PART II

On back, bend knee of org hip, other leg long.

1. Place your arm on same side as bent knee under your waist. Lift your hip by pressing with your foot. How does that change the direction of the movement? What areas are affected when you lift your hip? Keep shoulder dropped toward floor. Now repeat with the other hip.

REST

2. Bend knee of org hip, place same-side arm under waist. Now please add the two head positions to increase the challenge to the shoulder of the arm under the waist. Go gently, very gently. Keep extending your arm more under your waist as possible by exploring your limits gently.
  - a. Turn your nose toward the side of the long leg and move floor ear backwards - slide it on the floor backwards. This pulls the arch of the low back up your spine through your middle and upper back into the vertebrae of your neck.
  - b. Now turn your nose toward your bent knee. This twists your spine in the middle. DO NOT SLIDE HEAD! Only turn nose to bent-knee side.

REST Feel the shoulder, chest and neck on the side of the under-waist arm. Compare to the other side.

TRANSFER

P.L.

3. Repeat 1-4

REST

4. BK. Slowly make a circle around pelvis. Can you feel move clearly now when one knee goes forward over your foot and one knee moves up toward your waist as you lift each hip on each side of the circle? Reverse the circle.
5.
  - a. Legs long in a V. Shorten one hip and leg into its socket. Feel the other leg lengthen out of its hip socket. Reverse. Alternate a few times. Can you feel you are side bending at your waist on the side of the socket of shortened-leg hip? That side of your waist is shortening. The other side of your waist is lengthening.

- b. Now BK. Do same thing with two hips and side of waist. Do not lift your hips. Just sidebend on one side and then the other. Your pelvis slides on the floor up toward your waist on one side, then on the other. Notice your knees still go: one over foot and one toward waist. You're sidebending your lumbar vertebrae and your ribs. One hip slides closer to your heel as the other moves away. The hips slide headward and footward on the floor as each side of your waist lengthens and shortens.
- c. Now you're going to trace a horizontal figure 8 on the floor across both ears of your pelvis.
  - 1. From the shortened side-bent side of your waist, roll the pressure to the middle, to the top of your sacrum. Your back is flattened.
  - 2. Now roll downward into an arch.
  - 3. Now sidebend on the other side.
  - 4. Now roll to middle of arch and down and roll to first side as you sidebend and continue...
  - 5. to reverse the figure 8
  - 6. Roll to a lengthened side of your waist.
  - 7. Roll to the middle in an arch.
  - 8. Roll up the back to flatten.
  - 9. Roll to other lengthened side of waist.
  - 10. Roll to middle in an arch.
  - 11. Roll up to flatten - continue...

You will be tracing an 8 that goes around one cheek of your buttocks and crisscrosses over the sacrum to continue around the other cheek.

- 6. Retest.
  - a. BK of org leg. Other leg long. How much can you feel when you lift a hip? The femur head in the hip socket, the ear of the pelvis being lifted, the pressure across the sacrum onto the other ear, the twist of the lumbar vertebrae attached to the top of your sacrum? And how the movement flows up your spine into your chest, shoulders and neck?
  - b. Reverse legs and repeat. How different from beginning?

P.L. Feel how you lie on floor. Especially how do vertebrae in low back come to floor?

Stand.

Walk.