

Preparatory Exercises

Increasing Mobility of the Pelvis: Supine

Starting Position: in supine with the knees bent and the feet 30-40 centimeters from the glutei.

Exhaling, delicately withdraw and lift the area just above the pubic bone up to the navel and simultaneously lift the pelvis. The movement is very smooth, sweet and soft. Never force. A deep awareness of the pelvic area guides the movement.

Inhaling, relax and lower the pelvis. It is also possible to insert an empty retention of 5 to 10 seconds between inhale and exhale.

Repeat from 10 to 30 repetitions.



Contraindications: nothing specific.

Benefits: awareness and mobility of the lumbosacral joint.