

Preparatory exercises

## Pelvis: Anterior and Posterior Tilts

**Starting Position:** standing straight, with your feet open and parallel on the outer edges, hands on the thighs, elbows straight and shoulders raised towards the ears.

Before you begin the movement make sure you are not contracting in the pelvic region. Imagine the pelvis being as light and movable as a cloth hanging on a string, ready to sway with the slightest breath of wind.

Slightly drawing in the suprapubic region and the lower abdomen, tilt the pelvis backwards; relax it so that it drops forward into an anterior tilt. The movement is not necessarily synchronized with the breath.

Repeat at least 10 repetitions, going up to 30 or even more.



**Contraindications:** none.

**Benefits:** improves awareness and mobility of the lumbosacral joint and of the pubic region.