

PELVIC ROCKS



Starting Position

- Lie on your back, knees bent and feet on the floor
- Start with your spine in a neutral position
- Relax your arms down by your sides
NB: arms are stretched above head in the opposite photo – only so you can see the pelvis position



Movement

- Exhale. Set your pelvic floor and lower abdominal muscles
- Roll your pelvis and gently press your lower back into the mat



- Inhale. Roll your pelvis through the starting position and then arch your back slightly as if someone were pulling on a belt that you are wearing
- Your tail bone should press slightly into the floor
- Repeat this forward and backward movement 5 times, trying to increase the range of movement

Notes:

- Have your arms relaxed by your sides
- Relax your legs and initiate the movement with your lower abdominal muscles, not your leg muscles