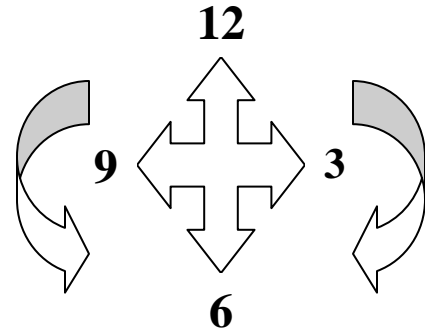


PELVIC CLOCK



Lie on your back with knees bent and feet shoulder width apart.

12 o'clock: Slowly draw in your stomach muscles toward your spine as you roll your front hip bones toward your head and flatten your back onto the mat. This puts your pelvis in a “posterior tilt.”

6 o'clock: Drop your front hip bones down toward your feet and roll onto your tailbone. The stomach muscles will relax and your back should arch off the mat slightly. This puts your pelvis in an “anterior tilt.”

3 o'clock: Drop your left hip bone down toward the mat and as you do your right hip bone should lift toward the ceiling. Be careful not to hike your hip up toward your shoulder. You want to feel that your pelvis is trying to face left.

9 o'clock: Repeat as for 3 o'clock but drop your right hip bone down toward the mat, lifting your left up one toward the ceiling. The pelvis will try and face to the right.

Clockwise: Sweep around the clock, touching each number in a clockwise direction.

Counterclockwise: Sweep around the clock, touching each number in a counterclockwise direction.

- *All motion should come from your pelvis (relax your upper back and neck)*
- *Avoid pushing through your feet*
- *Minimize leg movement from side to side*
- *Breathe normally – through your rib cage not your stomach*
- *Discontinue the exercise if you experience pain/discomfort*