

PELVIC TILTS SCRIPT

Pelvic Tilts are simple exercise that involves moving the pelvis forward and backward to strengthen the lower back and abdominal muscles while enhancing spinal flexibility.

Here are the steps of the Energy Flow® Pelvic Tilts exercise:

1. Find a quiet and comfortable place to lie down on your back, preferably on a soft surface like a yoga mat or carpet.
2. Bend your knees and place your feet flat on the floor, hip-width apart.
3. Rest your arms comfortably by your sides with your palms facing down.
4. Close your eyes and take a few deep breaths to relax.
5. Begin the pelvic tilts by gently rocking your pelvis forward, arching your lower back slightly.
6. Hold this position for a few seconds, feeling a stretch in your lower back.
7. Next, gently rock your pelvis backward, pressing your lower back into the floor.
8. Hold this position for a few seconds, feeling the lower back flatten against the floor.
9. Continue to alternate between these two movements, rocking your pelvis forward and backward.
10. Pay attention to the sensations in your lower back and pelvis as you perform the tilts.

11. Perform the pelvic tilts for 1-2 minutes or as long as you find comfortable.
12. When you're ready to conclude the exercise, slowly bring your knees to your chest and roll to your side before sitting up.

Reflection questions:

1. What areas of your body felt more relaxed or stretched after the pelvic tilts?
2. What changes did you notice in your body while performing the exercise?
3. How did your body feel after completing the exercise?