**Practice Sequence 1 - Lower back, Pelvis & Hips**

**Theme: Creating Space, Finding Neutral Spine**

* Start in standing and feel
* Finding POA (the pit of the abdomen)
* Unilateral traction
* Low Back Series
* Stand and feel
* Tadasana with block - introduce the concept of internal rotation - inner thighs, turning off gluteus maximus
* Squeeze block in downward dog, focus on internal rotation
* Concept of deepening the groins - child’s pose
* Ardha Uttanasana – ½ forward fold with hands on wall
* Ardha Parsvottonasana – ½ pyramid
* Parvritta Trikonasana - while maintaining curves - hands against the wall
* Prasarita Padottonasana – hands on chair or block
* Setu Bandha - bridge
* Spinal twist for upper back - introduce opening from thoracic spine
* Constructive Rest with feet on bolster - deep, soft groins
* Savasana