



## Connecting pelvis to head

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### WTF? (What's the function)

Physiologically the pelvis is for power. The largest muscles of the human body connect to and through the pelvis. When we want to get moving or exert force in the world, that force is largely driven through the pelvis. Meanwhile for efficient and dynamic action in the world we want the head free for orientation. We want responsive and light neck muscles that can continue to orient and make small and large adjustments constantly, without tiring. To this end we don't want fixated muscles that are bundled up with our shoulders, back and chest.

The following movement exploration differentiates the head from the shoulders and chest and it connects the head to the pelvis. It helps to feel connection and differentiation and we need both to move well in life.

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### The set up - Lying on your back

- First lie on your back with legs long and arms by your sides.
- Notice where along your spine, pelvis, shoulders and head, you made contact with the ground. Does the contact at the back of the pelvis feel symmetrical? What about the shoulders? There's nothing to do here but notice. Nothing to fix.
- How much space is there at the arch of your lower back? Place one of your hands in that space to feel.
- Bend your knees and stand your feet. Place them about hip width and quite close to your pelvis.
- You'll notice more pressure come onto the hand at the small of your back as it flattens a little more in this position.
- Take your hand away so both arms are by your sides once more.

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## The action

- Think of your pelvis lying on a clock face. 6 o'clock is at your coccyx and 12 o'clock is at your sacrum.
- Gently tilt your pelvis so as to increase the pressure against the floor at 6 o'clock, at your coccyx.
- Then tilt your pelvis back the other so as to increase the pressure against the floor at 12 o'clock, at your sacrum (where the lumbar spine joins the pelvis).
- Alternate between the two with paying attention to the following:
- Push through your feet to roll the pelvis to 12 o'clock
- Pull through your feet to roll to 6 o'clock.
- Feel how this action connects your pelvis to your head by this pulling and pushing through your spine.
- Notice if your head is free to move. Let it move. Note the pressure against the floor at the back of your head following the same 6 o'clock, 12 o'clock pattern as your pelvis.
- When doing this movement in a natural flow, the head and pelvis are synchronised. The freedom of the head to move is closely correlated to the absence of resistance through the chest, shoulders and neck. The more at ease the muscles of these areas can be the greater the ease in the movement of the head.
- Once the movement is clear you can do it without the push and pull through the feet, simply using the central muscles of the abdomen and back. Notice though if this changes how the head moves.

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## The breathing

- Inhale as you roll down to 6 o'clock - lower back lifts
- Exhale as you roll up to 12 o'clock - lower back flattens
- Repeat this and sink into the pattern of it - effortlessly and easy.
- Make the movement small, then make it quicker, Small and quick will create a rippling oscillation through the length of you. Allow this to happen.
- Then make the movement slow and large.
- Then just make it comfortably and naturally.
- Rest.

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## Exploration - In sitting

- Sitting on firm chair with feet directly under knees. Sit a little bit forward on the chair. Feeling where your weight is, where the pressure is on your sit bones.
- Imagine you are sitting on the clock face. 6 o'clock is now in front between your legs and 12 o'clock is still your coccyx.
- Slowly bring weight forward so you are forward on your sit bones:
  - You can do this by leaning your whole body forward toward 12 o'clock. Feel that as you do this you naturally get taller through the body and spine. You can also do it by tilting your pelvis forward just like when you were lying down.
  - Chest lifts, chin comes down. There is a lengthening and straitening of the back and spine. Feel this. Allow the chest to expand and lift as you breathe in doing the movement.
- Slowly roll back on sit bones. Toward 6 o'clock and the coccyx. Feel that the tendency here is to round the back and collapse the body and chest. With the chin up and head craning forward this is an example of a position many find themselves in when working at a computer without awareness of the body.
- Alternate between these two positions feeling the significance of shifting the weight on your sit bones.
- Feel that when tilting back, rolling back toward the coccyx you don't actually have to fall into the folded/collapsed position. You can actually keep your length. Try this alternating between shifting your weight forward and back on sit bones but keeping much of your length. ie. the pelvis and hips are accommodating the shift.