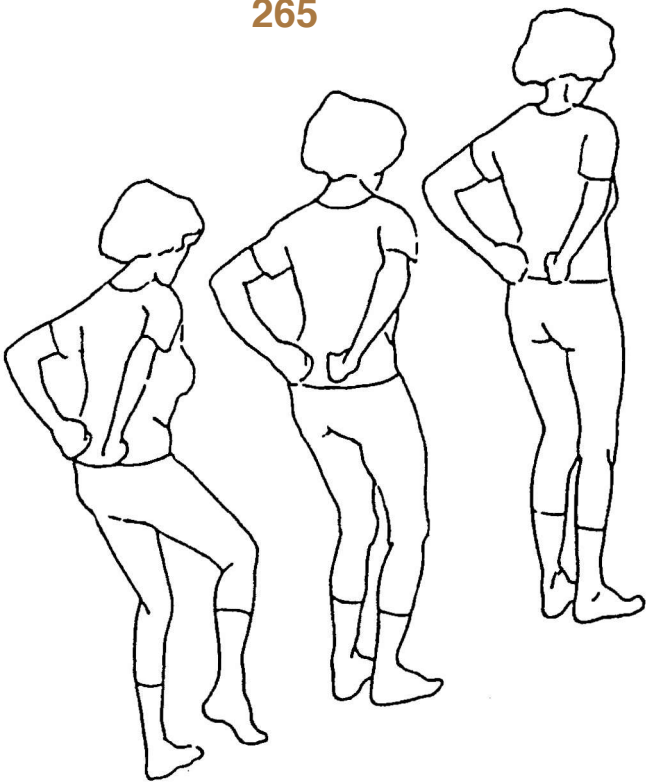


***Fists behind the pelvis—
enhancing the protection of
the back***

A slight dragging of the tissues from down upwards reinforces the tendency of the pain to contract the back. When the nervous system observes that something else is doing for it the protection it needs, it ceases to invest in the contraction and the length of the back is released.



were trying to escape the touch of the hands and migrate inward towards the front of the body. Listen to that sensation while breathing.

- ▷ Continue guiding the back gently from a slightly greater in-curve to a slightly greater out-curve. Each time you thrust the lower back backwards, rounding it out, lift one foot off the floor, alternating. Raise one heel and allow the knee to bend slightly, and in this position, round out the back as if you intend to begin sitting down on a chair.
- ▷ After a while do it with the other foot.
- ▷ Eventually alternate, as if walking. Continue walking on the spot in this manner and softly sink into the beginning of the sitting-down movement each time one foot comes up. There is no need to exaggerate