

Pelvic Blocking for Grizzly Bear

This technique helps move the body into a more restful stage. The body is typically inclined to enter this more relaxed state at around 5.30pm to 6.00pm which is the preferable time for this procedure. If this time is not possible, then about 30 minutes before you go to bed is also an excellent time.

It is strongly suggested that you invest in a set of foam blocks (available from True Health at \$10 per pair), but if you do not choose to use these then the following items can be used for improvised blocking:

- A pair of shoes turned upside-down (runners or athletic shoes are ideal).
- 2 rolls of paper towels (still in their packaging cellophane).
- 2 medium thick towels rolled and secured with rubber bands.

Method

This is best done on a carpeted floor or yoga mat - a bed or couch are too soft.

1. Lie on your back with a small pillow or cushion under your head
2. The blocks are placed under your pelvis as directed by your TBM practitioner. Keep your legs straight, NOT crossed at the ankles (a small roll/cushion/roled towel can be placed under the knees to help the lower back relax)
3. One block will be placed high under the hip bone at approximately 45° facing the lower block. The lower block is placed under the bone that you sit on when seated or riding a bike, also positioned at 45° facing the high block. The blocks should only be 8-10cm beneath the edge of the pelvis and SHOULD NOT TOUCH in the middle
4. Lie quietly and comfortably, trying to relax onto the blocks for 15-20 minutes

Points to note:

- This is a time to relax and stop. Avoid mental stimulation including TV, iPad/Smartphones etc
- Try meditative/yoga deep breathing techniques, listen to relaxing music etc
- Repeat the blocking method EVERY DAY for TWO WEEKS

HIGH BLOCK _____ side

LOW BLOCK _____ side

