

## The Happy Pelvis Yoga Training

### Study Recommendations / Practice Calendar

In order to help you be successful with the Happy Pelvis Yoga Training, I recommend you carve out some time three days a week to spend with the course, including an hour on Sunday or Monday, the live Zoom class each Wednesday at 4 PM EST, and an hour on Fridays.

The following schedule reflects that recommendation so you have a clear map to follow to build your experience and understanding.

To complement the scheduled assignments, you will find a number of PDF documents on your course web page with outlined information from the live classes, as well as pose reference lists to focus your practices.

Link: <https://yogawithlillah.com/yoga-for-si-joint-stability-resources/>

Password: PELVIS-20

#### 1. Monday, March 13

Sometime prior to Wednesday, March 15, watch Part 1 of the lecture from your YogaU course, *Yoga for Healthy Backs: Addressing Pelvic Asymmetry*.

#### 2. Wednesday, March 15

Attend the first Live Zoom class at 4 PM, EST. This includes understanding your imbalance, the importance of the psoas and related muscles of the pelvis.

Please wear leggings in a color other than black and choose a shirt that comfortably hugs your body. This ensures I can really see your body's alignment and if you are doing the poses correctly. Place your yoga mat in a bright open space horizontal to your Zoom camera. Set up and turn on *MANY LIGHTS*. Test your view on Zoom prior to class to be certain your whole body can be seen. Have your props beside you. Props include two blocks, a bolster, a blanket, yoga strap, a folding chair, and a hand towel.

#### 3. Friday, March 17

If you had to miss the live class, watch the video found on your course web page. Also, watch and practice the first five poses in the video called, 10 Yoga Moves to Tame the Psoas. You will find copies on your course page as well as in your Vimeo account.

#### 4. Monday, March 20

Watch Part 2 of the lecture from your YogaU course, *Yoga for Healthy Backs: Addressing Pelvic Asymmetry*. If this day doesn't work for you, choose some other time to watch it before your second Live Zoom class on Wednesday.

#### 5. Wednesday, March 22

Attend the second Live Zoom class at 4 PM, EST. We will explore "weaving" the pelvis together.

6. Friday, March 24

If you had to miss the live class, watch the video found on your course web page. Also watch Poses to Create Pelvic and Sacral Stability, practice number 2, in your YogaU course, *Yoga for Healthy Backs: Addressing Pelvic Asymmetry*.

7. Monday, March 27

Investigate the PDF support documents inside your course web page. Also watch How to Release the Psoas and Unstick the Sacrum, practice number 1, in your YogaU course, *Yoga for Healthy Backs: Addressing Pelvic Asymmetry*.

8. Wednesday, March 29

Attend the third Live Zoom class at 4 PM, EST. The class covers opening and balancing the pelvic floor.

9. Friday, March 31

If you had to miss the live class, watch the video found on your course web page. Also watch Ways to Open and Balance the Pelvic Floor, practice number 3, in your YogaU course, *Yoga for Healthy Backs: Addressing Pelvic Asymmetry*.

10. Monday, April 3

Practice all 10 poses inside your video product called, 10 Yoga Moves to Tame the Psoas. You will find copies on your course page as well as in your Vimeo account.

11. Wednesday, April 5

Attend the fourth Live Zoom class at 4 PM, EST. You'll learn self-applied traction techniques, extension, and stability.

12. Friday, April 7

Watch Poses to Build Muscle Tone, practice number 4, in your YogaU course, *Yoga for Healthy Backs: Addressing Pelvic Asymmetry*.

13. Monday, April 10

Review the course PDFs and other material presented. Submit specific questions in the comment section on the course web page for the fifth and final live class.

14. Wednesday, April 12

Attend the fifth Live Zoom class at 4 PM, EST. This class is a review. We also will reflect on daily habits to maintain sacroiliac health, and expand the practice of abdominal progressions and balance poses to enhance pelvic stability. There will be ample time for Q&A.