

Pelvic Blocking

This technique helps move the body into a more restful stage. The body is typically inclined to enter this more relaxed state around 5:30-6:00p.m which is the preferable time for this procedure.

Objects that work well for blocking are:

- * A pair of shoes turned upside down (athletic shoes work well).
- * 2 rolls of paper towels (still in the cellophane).
- * 2 medium thick towels rolled, secured with rubber bands.

The blocks are placed under your pelvis as you lay face up, with your legs straight (a small roll/cushion can be placed behind the knees).

One block will be placed high on the top of the hip bone at approx. 45° facing the lower block which is placed under the bone you sit on, also at a 45° angle. The blocks should only be 3-4 inches beneath the edge of the pelvis and should not touch.

HIGH BLOCK _____ side LOW BLOCK _____ side

Lay flat with legs straight for 15-20 min., 1/day for 2 weeks in the early evening (5:30-6:00).

