

Sacral Cup Exercise

- Lay on your stomach with your head in neutral position. You can rest your head on the ground or the mat
- Put your hands on your hips (Anterior Superior Iliac Spine, ASIS) and tuck in your pelvis, just as in neutral position
- Engage your core
- Very slowly, without moving your hips, raise one leg with a straight knee about 1/2- 1 inch off the ground
- Now lower it
- Move with your breath. Take a breath in and as you exhale raise your leg 1/2-1 inch, hold for a breath in and as you exhale, bring your leg back down, SLOWLY.

