

Putting It Into
Practice!

FINDING NEUTRAL SPINE: In Standing

Let's Get There!

1. Place hands on hips.
2. Roll hips forward and stick buttocks out to **TILT PELVIS**.
3. Roll hips backward, squeeze & **TUCK PELVIS** underneath you.
4. Alternate between TUCK & TILT 3 times.
5. Stop at the spot in the **MIDDLE**.
That's **NEUTRAL SPINE**.



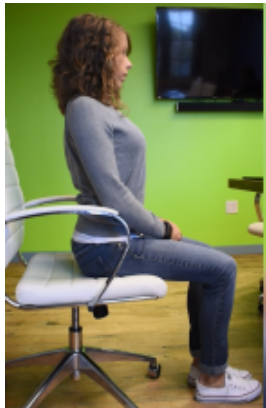
TILT → **TUCK** → **NEUTRAL**

**Neutral Spine
Defined:**

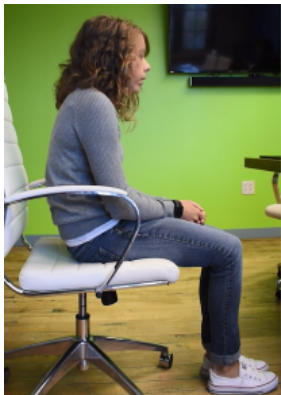
The position of your spine in which all three natural curves are present and aligned. It's your position of strength and safety!

Putting It Into
Practice!

FINDING NEUTRAL SPINE: In Sitting



TILT



TUCK



NEUTRAL

Let's Get There!

1. Roll hips forward and stick buttocks out to **TILT PELVIS**, to feel like you're over-arching.
2. Roll hips backward, squeeze & **TUCK PELVIS** underneath you to feel like you're slouching.
4. Alternate between TUCK & TILT 3 times.
4. Stop at the spot in the **MIDDLE**. That's **NEUTRAL SPINE**.