

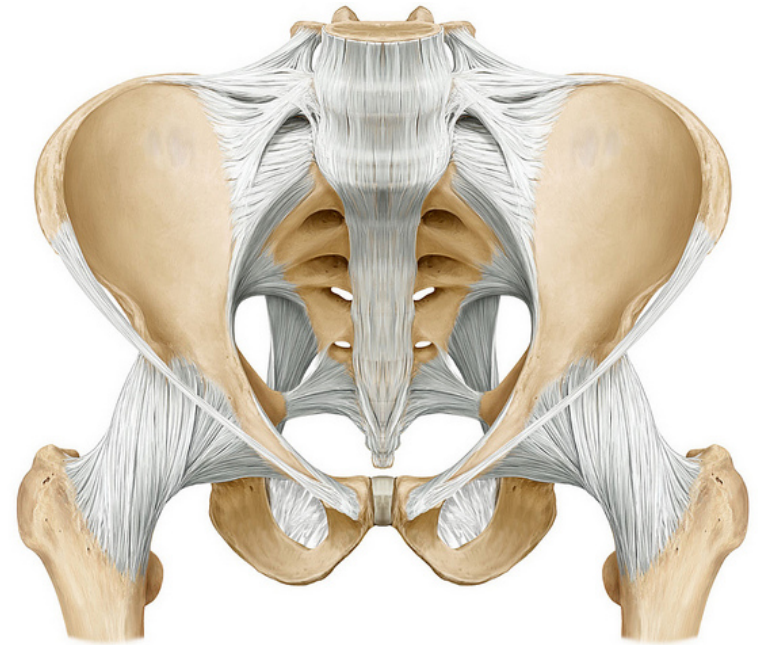
## Donna Farhi Video 3 - Coming Together: Restoring Pelvic Stability

### Purpose of the Practice:

- Balance the deep iliopsoas muscles.
- Increase force closure of the sacroiliac joints through improving both regional and whole body core strength and coordination.
- Stabilize the pelvis while mobilizing the hips.

### You'll Need:

- A bolster
- 2-3 firm cotton or wool blankets
- Additional cushioning for your yoga mat if you are pressure sensitive. (A sheepskin rug is ideal, or “egg crate” foam)
- A Muscle Release Ball (18-23 cms/7-9 inches)
- Bath Towel
- A yoga block
- A yoga belt
- A folding chair or sofa.
- An Oov device (small, medium or large to fit your frame)



## Practice One 10-20 WHO Breaths



## Practice Two

### Child's Pose (*Balasana*) with Shoulder Release

- Feet on the Oov/bolster, or elbows on a chair
- Duration & Breath: 30 seconds–1 minute.



Option with feet on the Oov (can also use a bolster)



Option with elbows on a chair (block between hands)

### Practice Three

#### Prone Half-Butterfly with Muscle Release Ball

- With addition of gentle hip mobilization (*knee towards shoulder*).
- And hip circles (*counterclockwise with left lower leg, clockwise with right lower leg*).
- Duration: 7 minutes on each side in total. 5 minutes passive stay, 2 minutes for hip mobilizations.
- Abdominal Breathing.



Muscle Release Ball under hip crease



Lower leg circles

### Practice Four

#### Cobra Pose (*Bhujangasana*) with Bolster.

- Duration: 3 X, Exhale as you come up, hold for several breaths, exhale as you come down.
- Diaphragmatic Breathing.



## **Practice Five**

### **Half Bow with Isometric Release**

(hands under pelvis)

- Duration & Breath: 5 X each side, Inhale and press down for 3 seconds, Exhale lift for 3 seconds.
- Diaphragmatic Breathing.



## **Practice Six**

### **Locust Pose**

- Duration & Breath: 5 X, Inhale open legs, exhale to a count of four as you close.
- Figure-8's with legs 30 seconds–1 minute.
- Diaphragmatic Breathing.



Open and close legs



Lower leg figure eights

# Practice Seven

## Horsepersons Flow (*Utkatasana Vinyasana*)

- Duration & Breath: 3–5 repetitions. Breath ratio depending on level of conditioning.
- Diaphragmatic Breathing.

### Basic Sequence:

1. Inhale & lift heels, arms to diagonals overhead
2. Exhale slowly lower arms and lower heels
3. Inhale & bend knees to Utkatasana arms overhead to diagonals
4. Exhale and lower arms as you extend the legs

### Change the breath pattern:

1. Inhale & lift heels, arms to diagonals overhead
2. Exhale press arms back and stay
3. Inhale to stay
4. Exhale slowly lower arms and lower heels
5. Inhale bend knees to Utkatasana, arms up (look down and see if the block is still facing forward)
6. Exhale extend legs and bring arms down

### Adding Vectors:

- 1 Inhale & lift heels, arms to diagonals overhead
- 2 Exhale press arms back and stay
- 3 Inhale to stay
- 4 Exhale slowly lower arms and lower heels
- 5 Inhale & bend knees to Utkatasana arms overhead to diagonals

- 6 Exhale keep the knees bent and reach left arm in front of you on a diagonal, right arm behind you on a diagonal. Rotate and reverse the position of the arms (right arm front, left back)
- 7 Inhale & bring your arms to a cactus position
- 8 Exhale bring the left cactus arm to touch the right cactus arm. Inhale & open the left arm open to starting position. Exhale bring the right arm to touch the left. Repeat cactus sequence again
- 9 Inhale & reach both arms overhead. Interlace the fingers and come deeper into the squat if you can



Inhale & lift heels



Inhale & bend knees



Exhale: arms on diagonal. Rotate arms to other side.



Inhale: arms to cactus



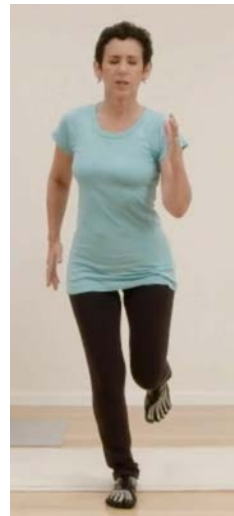
Exhale: bring one arm to meet other



Inhale: interlace hands & arms overhead

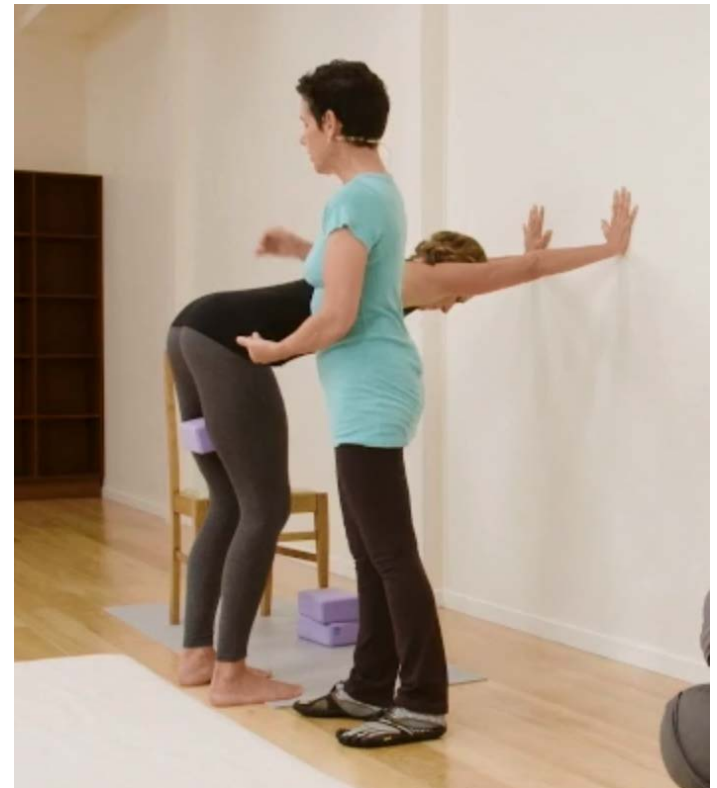
## Practice Eight Walking Vinyasana

- Duration & Breath: 2 repetitions each side.
- Diaphragmatic Breathing.



## Practice Nine Half-Dog at Wall with block (*Ardha Svanasana*)

- Duration & Breath: 30 seconds–1 minute.
- Diaphragmatic Breathing.



## Practice Ten Cat Pose Cross-Crawl (*Marjaryasana*)

- Duration & Breath: 3–5 repetitions alternating sides. Easy: Inhale, extend, exhale lower. More challenging: Inhale extend, exhale hold, inhale hold, exhale lower.
- Diaphragmatic Breathing.



## Practice Eleven Downward Facing Dog with block (*Adho Mukha Svanasana*)

- Duration & Breath: 3 repetitions. 30 seconds–1 minute.
- Diaphragmatic Breathing.



**Practice Twelve:  
Core Strengthening Sequence**

Constructive Rest Position on floor or with feet on bolster OR  
Constructive Rest Position on Oov on floor or with feet on bolster

**Floor**

a) CRP with bolster  
or Bridge Pose

b) Toe & Heel Touches

c) CRP with bolster  
or Bridge Pose

d) Circles with block

e) CRP with bolster  
or Bridge Pose

f) The Drawbridge

g) ) CRP with bolster  
or Bridge Pose

**Oov**

All Four's Upside-Down

Toe & Heel Touches

All Four's Upside-Down

Circles with or without block

All Four's Upside-Down

The Drawbridge

All Four's Upside-Down



Constructive rest



Upside down all-fours



Toe touches



Lower leg circles



Drawbridge basic



Drawbridge challenge

Duration & Breath: Exhale when lifting or lowering. Diaphragmatic Breathing.



## **Practice Thirteen**

### **Corpse Pose (*Savasana*)**

### **with Bolster and Towel Roll**

- Duration & Breath: 7–15 minutes.
- Abdominal Breathing.



Remember to track your progress with a graph. When you've experienced a consistent improvement for at least a week you may be ready to progress to Video Four. Keep in mind that many people experience relief from sacroiliac discomfort through increasing the snugness of the joint fit through strengthening and positive compression. You may want to explore the practices in Video Two to see if these reduce your discomfort.