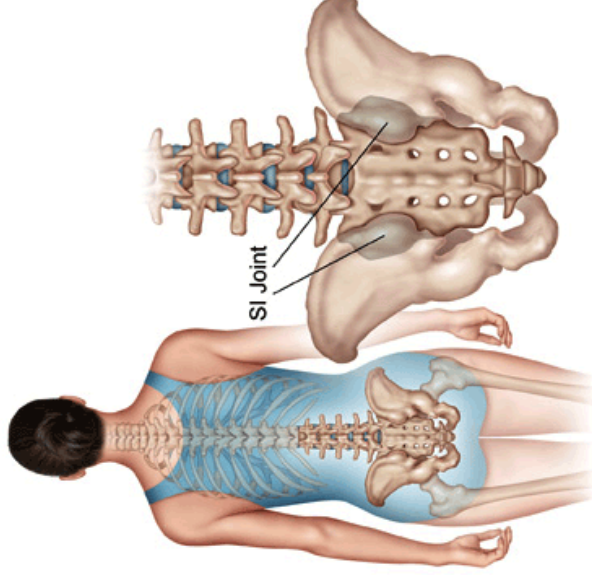


## Donna Farhi Practice 02 - Reducing Pain and Discomfort

### Purpose of the Practice:

- Calm and alleviate sacroiliac discomfort.
- Gently reset and center the pelvis.
- Pave the way towards the next step: strengthening and restoring full movement function.



### 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.

## Practice One

- Kneel on a bolster or sit on a chair.
- 10-20 WHO Breaths



## Practice Two

### Half-Butterfly with Muscle Release Ball

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



### Practice Three

#### Cobra Pose (Bhujangasana) with bolster

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



### Practice Four

#### 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 Five

### Locust Pose (Salabhasana) & Figure-8's

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



## Practice Six

### Child's Pose (Balasana) with or without bolster

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



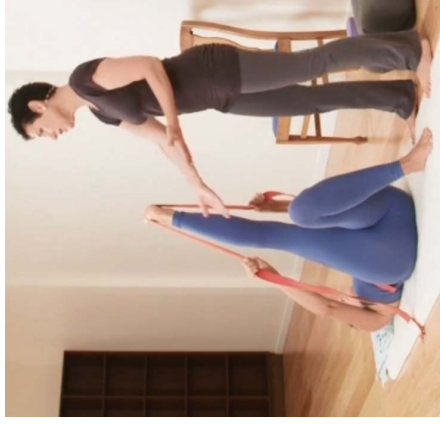
## Practice Seven

### Supine Big Toe Pose (Supta Padangusthasana)

- Duration & Breath: 1 minute in each position.
- Diaphragmatic Breathing.



External hip rotation and open leg



Internal hip rotation and leg across midline

## Practice Eight

### Supine Big Toe Pose (Supta Padangusthasana)

- Duration & Breath: 3 seconds each press. Inhale press, exhale release.
- Diaphragmatic Breathing.



Squeeze block between inner thighs



Press thighs into the strap

## Practice Nine

### Therapeutic Spinal Release with C

- Duration & Breath: 5-15 minutes.
- Abdominal Breathing.



Belt from the front



Belt from the back



Blanket fold for sacrum



Final Pose