

Chapter 7 “Yogabody”

Structure of sacrum

- Promontory
- Coccyx

Sacroiliac Joint

- Rail & Groove
- When is it most stable?
- Describe the movement

Lumbosacral Joint

- Why is this area prone to injury?

Lumbosacral Rhythm

SI joint of stability, not mobility

- How is stability affected?
- Why do women have less stable SI joint?

What is sacroiliac dysfunction?

How can we help to stabilize the sacroiliac joint?

Movement of the sacrum

- Nutation
- What else is moving with the sacrum?
- Counternutation

Where do forward folds begin?

Sneaky Tucker

- What other systems does this affect?

Paraspinal muscles

- “Righting Reflex”

Describe when nutation/counternutation is wanted

How can Mula Bandha assist deep backbends?

Honor the width of sacroiliac joint

- Difference in males and females
- “Squeeze the legs together”
- How do we teach these concepts to a class of 50 people?

Restrictions to mobility

Standing externally rotated asana and the sacrum

- Virahabcrasana 2
- Trikonasana

Ways to aggravate the sacroiliac joint

- 1 -
- 2 -
- 3 -

Establish rhythm in sacroiliac joint

Describe how yoga can adjust the functional relationship of lumbosacral region