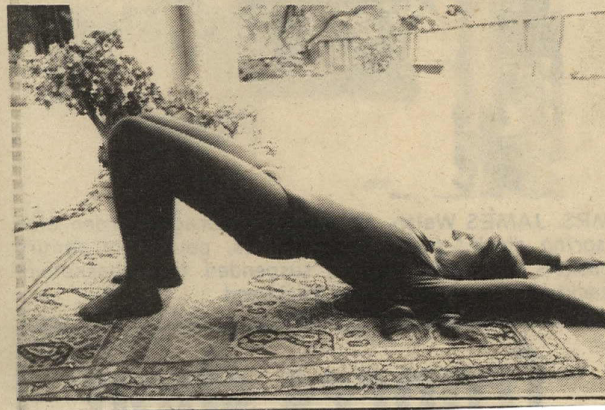


No. 1—Bend knees and bring feet to floor. Feet should be parallel to one another about a foot apart with knees and ankles aligned with width of hips.



No. 2—Inhaling, bring arms above head. Exhale as you slowly lift and roll the spine upward, vertebra by vertebra. Hold for 30 seconds, breathing deeply.

No. 3—To come out of posture: Lower arms at the same time you lower back — upper back first, middle and THEN lower. Finally as your hips touch, the arms should be at your side. Breathe deeply and slide your legs out one at a time.

## Yoga with Rama

By RAMA VERNON

The Pelvic Tilt has no exotic Sanscrit name. Technically, it's not even a complete position of yoga.

But, if the saying is really true that there are 24 million postures of yoga, then we could assume that every posture, gesture or attitude in life would be a posture of yoga. If so, then the Pelvic Tilt would certainly be included.

In the travels from East to West, many changes and modifications have occurred in the art of yoga. Reasons are that many of us in the Western hemisphere are a bit over-fed, under-nourished, physically underactive and mentally over-active. This state of affluence has unfortunately rendered many bodies incapable of assuming what might be called the "hard-core" postures of yoga. However, all is not lost.

Western yogis with the help of therapists, patterners and chiropractors have and are continuing to formulate helpful practices that can ease common back disorders and relieve severe muscular and mind strains and tensions. One such pose is the Pelvic Tilt which greatly affects shoulders, back, legs as well as helps to correct abdominal prolapse (or so they say).

As you lift the pelvis be sure to first tuck and roll your buttocks under as you press the small of your back and the back of your waist against the floor. As you roll slowly upward raising one vertebra at a time from the floor try to lift each part of your back separately . . . first the lower, then middle and then the upper.

In coordinating your breath with the undulating motion of your spine, you'll find it's easier to concentrate without letting the mind wander. And that's what separates yoga from other

forms of physical disciplines. It's almost impossible to think of the grocery shopping, car pool or finances when you start rolling your spine, tightening your buttocks, waving your arms and breathing at the same time.

No wonder the yogis call the breath the invisible thread that links and harmonizes body and mind. As one teacher so aptly put it "To move body without breath is to move without mind (awareness)."