

Hi. My name's Nicole. You've been watching. I know you have because I'm back to give you What's the Scoop? in a series. What's the scoop? Really, what's the scoop? The reason why I'm sharing the concept of understanding the scoop of the pelvis is so that you have a better opportunity in being super successful in rounding up and rolling back by having more control over your pelvis.

The goal for What's the Scoop? is to really educate you on how the more you are in control of where your pelvis lives, either forward, backwards, or moving side to side, or even circular motions, the better off you will be as you function throughout the day, sit in a chair, um, drive long distances, even your practice, uh, on the mat.

The reason behind the scoop, I want them to really understand that your gluteus muscles, right, they're large and in charge, but sometimes they take over when they shouldn't. So when you understand where the scoop comes from, just based on how your pelvis lives, in a tuck, or in a release, or in a flat back, your goal is so that you can now function better.

And what will happen, what will happen when you really understand what your pelvis is doing and what's the scoop? You will have a higher back side, meaning your booty cheeks, they'll be lifted. You will have a stronger posterior chain. Your quadratus lateral muscles will be in their proper position.

And then you will be able to identify how to hold your lower abdominal wall up, in and up. Do you weight lift? Yes, you do. Do you have back pain? Yes, you do. You have no idea why you have back pain and I can tell you, if you watch What's the Scoop?, you'll have a better chance in being successful in lifting those weights.

Are your kids little, maybe 'cause you carry them all the time and your pelvis shifted as you held them? Yes, this class is for you also because now you understand that your body has changed and you need to reset the fundamentals of your proper alignment. So this class is for beginners, it's for intermediate, you know, clients.

It's, uh, or practitioners. It's for the advanced as well. You know, sometimes as a practitioner myself, I do this scoop for myself just to kind of realign my pelvis to have a better knowledge of it and to connect all the pieces. So What's the Scoop? really is for everybody because all of it is just putting pieces of a puzzle back together and understanding where your own pelvis is so that your body can now freely move on its own.