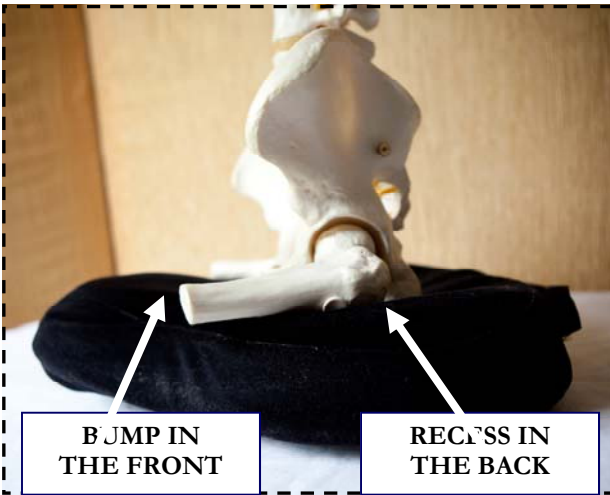


EZ POSTURE PILLOW



Address Service Requested

DEVELOPMENT OF THE EZ POSTURE PILLOW

The original idea for the EZ Posture Pillow came to me during an early morning Yoga class at the Kripalu Center for Yoga & Health in Lenox MA. The teacher was instructing us to sit on our "Sits Bones" and lengthen our spine out through the crown of the head when I suddenly realized that, on the rectangular Kripalu pillow upon which I was sitting, I couldn't do that. My weight was all on my legs and, if I sat on my ischial tuberosities (Sits Bones), my back rounded and I was unable to lengthen my spine.

I turned my pillow so that I could sit on the corner of it and, feeling the weight at the base of my pelvis, my idea for the EZ Posture Pillow was born. I envisioned a rather small triangular pillow that would support the "Triangle of the Base of the Pelvis" (the pubic "P" bone in the front, the Sits bones in the back and the Pubic and Ischial rami-"Rocker-Bottom of the Pelvis"-connecting those bones together.)

As I worked with the pillow, it became increasingly evident that, to sit easily with a neutral lumbar spine, the pillow would have to support the pubic symphysis. The pubic symphysis sits above (superior to) the Sits bones and so a bump in the front of the pillow was added to support it. With weight on the pubic symphysis, it is impossible to round the lumbar spine and, thus, one is able to keep a more neutral and lengthened spinal alignment.

Combine correct seating on the EZ Posture Pillow with elongation of the spine by lifting up through the Internal Plumb Line of the body and out through the crown of the head and you are seated in the Perch Posture which helps to strengthen the back extensors

Each EZ Posture Pillow comes with a re-moveable, washable cover.

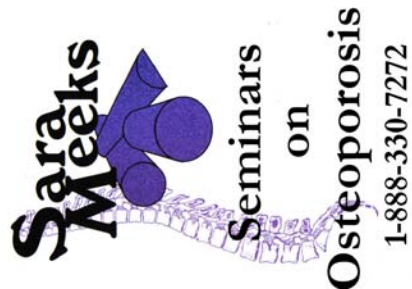
Dimensions: Front-Back 13 1/2", Width-widest 13", Depth 3"
 \$59.00 AVAILABLE ONLINE www.sarameekspt.com
 with link to www.optp.com

EZ Posture Pillows now come with a black cover only.

SARA MEEKS SEMINARS

P.O. Box 5577

Gainesville, Florida 32627-5577



Sara Meeks

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Development
 Description
 Uses

SARA MEEKS SEMINARS
 P.O. Box 5577
 Gainesville, Florida 32627-5577

Phone: 1-888-330-7272
 Email: sara@sarameekspt.com
 Web: www.sarameekspt.com

Easy Pose

Sit on EZ Posture Pillow with "Bump-In-The-Front" and legs crossed in front. Sits Bones should be in the recess and the Pubic Bone should rest on the bump. Lengthen up through the spine as if a string is attached to the crown of your head pulling you up. If you are uncomfortable or unable to lengthen the spine, place a folded towel or blanket under the EZ Posture Pillow so that you are sitting slightly higher which should make spinal lengthening easier. Notice which leg is crossed over the other. This would be your "habitual" way of sitting in Easy Pose. Practice with legs crossed in your "non-habitual" way also. Use the pillow in this way for 1/2 and Full Lotus Postures and also for sitting in a chair, on an airplane, etc.



Hero Pose

EZ Posture Pillow Between Legs

Sit on EZ Posture Pillow with "Bump-In-The-Back," between the buttocks and the lower legs. Tail ("T") Bone should rest on the Bump. Lengthen up through the spine as if a string is attached to the crown of your head pulling you up.

The Bump-In-The-Back position helps to support the "T" Bone and gives you a place to begin lengthening the back.



Hero Pose

EZ Posture Pillow Under Legs



Sit back on heels and place EZ Posture Pillow under your ankles.



The
EZ Posture Pillow
is available online at
www.sarameekspt.com/products.asp
with link to
www.optp.com
or call

SARA MEEKS SEMINARS
1-888-330-7272
(we do not sell directly but can give you more information on how to obtain the EZ Posture Pillow)

SARA MEEKS PT, MS, GCS, KYT
also teaches seminars on the Physical Therapy Management of Bone Health nationally and internationally.
Log onto
www.sarameekspt.com
for a complete description and schedule of courses and other clinical products,



Sara Meeks, PT, MS, GCS, KYT and her husband, John Harrison, BA, LMT are a dynamic-duo team that travels internationally presenting seminars on Osteoporosis management.

Sara is a Physical Therapist with over 54 years clinical experience. She has spent more than 32 years specializing in the management of persons with skeletal fragility and low bone mass. A Kripalu Yoga Instructor since 1984, an APTA award winning clinician, international presenter and, diagnosed with osteoporosis herself, Sara brings enthusiasm, humor and a distinct sense of mission into her teachings and practice.

SIDE LYING



For better neck alignment in side lying, rest your head on the recess part of the EZ Posture Pillow.

LONG SITTING (Dandasana)



With legs together (above,) bump in the back.

With legs apart (below,) bump in the front helps to "anchor" the pelvis.

