



# *Let it Heal*

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## **Pelvis Exercise**

Do this lying in bed, once each morning. Starting with looser side first, *drag* your heel on the bed up to buttocks – do not lift the leg as you bend your knee. Now lift your foot in the air as you straighten your leg as high up in your range as possible. Then slowly lower your leg to the bed, using your muscles to set it down gently. Do six times with this leg, then six times with the other.

Advanced Bowen Therapy



Detox Ion Spa Footbath



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