



The Balancing Pattern

YOUR BODY

The quadratus lumborum stabilises the lumbar spine — and when chronically overworked, pulls the pelvis asymmetrically. This is why one side of the split is always easier than the other. The imbalance is not in the legs. It is in the lower back.

YOUR PATTERN

Libra holds everyone in balance while their own center goes unsupported. You may have learned to suppress your needs, opinions and edges to keep the peace. The lower back holds the weight of everything unspoken.

YOUR PRACTICE

- 01 QL Side Stretch — lateral bend each side, compare.
- 02 Supine Twist — 10 breaths each side, passive release.
- 03 Split comparison — before and after QL release.

YOUR QUESTION

What would your body do if it did not have to keep anyone else comfortable?