



How to Set Up the Buttafly Technique *for natural back care and a healthy spine for life*

Step 1: Settling

In a quiet environment, with your Standard Buttafly and other props to hand, lie down on your back.



Legs: If possible, start with your legs extended. If that's not comfortable, bend your knees and support them with one or two pillows.

Arms: Let your arms rest wherever you feel comfortable. You may like to place cushions under your elbows.

Neck: Support your head and neck for comfort, with the back of the neck long and so that your chin rests gently towards your throat. Do not let your chin tilt up towards the ceiling. Your head and neck position may need adjustment for comfort once the Buttafly is positioned, or as the spine begins to release.

Take a few minutes to notice how your body makes contact with the floor, and how symmetrical you feel.

I strongly recommend taking this time to settle each time you do the Buttafly Technique – it will help you develop an awareness of the changes that occur in your back and throughout your body.

Step 2: Position the Buttafly

Place one or two pillows under your knees if you haven't done so already.

Pick up the Buttafly and hold it in one hand so you can read the logo.



Then, bend your knees, keeping your feet on the floor or placing them on the pillows. Push through your feet to lift your bottom and come into a bridge position.



Thread the Buttafly under the thighs and slide up to underneath the lower half of your buttocks.

Then lower your buttocks, making sure that your sacrum and tailbone are floating freely in the indent of the Buttafly.

Make any small adjustments so you feel symmetrical, and your buttock flesh feels evenly distributed. Straighten your legs one at a time, keeping the pillows under your knees.



Step 3: Fine-tune for comfort

If it feels like it's in an over-arched position, then:

- Either the Buttafly is positioned too high so that the sacrum rests ON IT instead of floating in the indent. When doing the Buttafly Technique for the first time, most people place the Buttafly too high. Try moving the Buttafly down one millimetre at a time until your lower back feels neutral.
- OR, if you're sure the Buttafly is in the right place, but still your lower back feels over-arched, you likely need more support under your knees. Some people enjoy the feeling of a gentle stretch; however, for the Buttafly Technique, there should be **no stretch**.

If your lower back feels like it is slumping toward the floor:

- Move the Buttafly up slightly until your lower back feels in the natural or neutral position.
- Check how it feels with less support under the knees – you may need just one pillow.

Always support your knees with at least one pillow.

The Buttafly Technique should be comfortable. If you already have back pain or sciatica, the pain should not worsen.

Step 4: Rest and relax

Stay in position for as long as feels right – this may be 5, 10, or even 20 minutes. With repeated use, you will come to know what is right for you, and it will likely vary each time.

Step 5: Coming out of position

When you're ready to come out of position, bend your knees one by one, sliding your feet on the floor, lift your bottom and remove the Buttafly.

Lower your bottom and, again, one by one, extend your legs, either keeping the pillows under your knees or gently pushing them to one side with your feet. Avoid jerking the legs.

Step 6: Integration

Let your body rest for ideally 15 minutes. This step is essential to the integration process – don't skip it.

While still lying down, take some time to notice how you feel. Let yourself move in any way that feels right for you. You may wish to bend your knees up to your chest or roll over onto your tummy.

When you're ready to get up, roll onto your side. Spend a moment or two here, then use your hands to push yourself up into sitting.

For full step-by-step instructions, troubleshooting tips, and essential safety information, discover the [eBook](#) (see our Shop)

For personal support with Loulou, book a 1:1 consultation here, thebuttafly.com/consultations-loulou-james/