



Treat Your Own Back with the Buttafly Technique & Enjoy A Healthy Spine For *LIFE*

Welcome to the world of the Buttafly where we connect you with the wisdom in the body to care for your spine and promote a healthy back for LIFE.

Important Information Before You Get Started

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

When the Buttafly is placed in the correct position with the right amount of support under the knees, the low back should feel neutral – neither arching away from the floor nor slumping towards it.

Once in position, if you find it uncomfortable where the Buttafly presses into the buttocks, you can lay a thin folded blanket over the Buttafly to soften the edge.

If you experience any new back or neck pain, pins and needles, numbness, or tingling during the Technique, please come out of position according to Step 4 and rest or move intuitively to settle your symptoms. If this happens more than once, we recommend either booking a consultation with Loulou James or another practitioner offering the Buttafly Technique, or your regular healthcare provider.

The Buttafly Technique promotes a natural realignment of the spine and healing from the *inside*. It works with the deepest systems in the body and may leave you feeling refreshed, or bring up all sorts of feelings and emotions. Take this time to be gentle with yourself and listen to your body.

What You Will Need

- Standard Buttafly
- A yoga mat or folded blanket for lying on the floor
- One or two pillows for under your knees
- Pillows or folded blanket for under your head

What To Wear

Wear comfortable clothing. Avoid tight trousers, jeans, and belts. Empty your back pockets!

Your Environment

For best results, you should feel comfortable and safe during the treatment and be able to relax fully. If possible, switch off your phone and make sure you won't be disturbed.

How long and how often?

We recommend doing the Buttafly Technique at least once a day for between 5 -30 minutes. There's no prescribed length of time – experiment to find out what works best for you.

Contraindications

Do not use the Butterfly Technique for the first time if you are suffering from any of the following conditions *unless under the guidance of a healthcare professional*:

- Acute back injury
- Very high blood pressure
- Recent stroke, intracranial haemorrhage, or aneurysm
- Recent head injury or other condition where there is increased fluid in the head
- Spinal instability or fracture
- Spondylolisthesis
- Severe Rheumatoid Arthritis or other inflammatory condition
- Spinal Cord Compression
- The first trimester of pregnancy

Find Your Sacrum

Correct placement of the Butterfly is key to the success of the Technique. We recommend taking the time to familiarise yourself with the location of your sacrum and tailbone in sitting or standing before doing the Butterfly Technique for the first time.



Put your hands on your hips and let your thumbs come into the midline. They will be over the lower lumbar vertebrae.

Keep your thumbs together & slide the backs of your hands so the index fingers meet. Then turn one hand over again to cup your sacrum & tailbone with your middle finger resting over the top of your buttock cleavage.

When you are in supine lying, the Butterfly is placed so that your sacrum and tailbone rest in the indent.

- Use the Butterfly logo side up;
- Position the Butterfly so the high side is towards the feet;
- Ensure that the low back, sacrum, and tailbone are free of direct pressure.

Step 1: Settling

Having prepared your environment, and got your Butterfly ready by your side, lay down on your back, if possible, with your legs extended. Have your arms wherever comfortable - you may like a pillow under your elbows if resting your hands on your belly.

Take a moment to relax and notice how your body feels on the floor.

If you are uncomfortable laying flat and prefer to bend your knees, please do so. Support them with at least one or, more likely, two pillows. It is essential that your legs fully relax.

Your neck should be nice and long, with your chin resting towards your throat. There's no need to force a double chin though - use a small pillow for comfort if required.

Whatever support you need at this point will likely change once the Butterfly is in position or at some point during the Technique as the spine releases along its whole length.

When you are new to doing the Butterfly Technique, we strongly recommend taking this time to settle - it will help you develop an awareness of the changes that occur in your back and throughout your body.



Step 2: Placement of the Buttafly

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

Pick up the Buttafly with the high side towards the feet, and hold it in one hand so you can read the logo.

Then one by one bend your knees up. Push through your feet to lift your bottom and come into a bridge position. **Always** thread the Buttafly under the thighs and slide up to underneath the lower half of your buttocks. **Do not** place it under the low back and slide it down.



Make any small adjustments for the Buttafly to feel symmetrical and for your buttock flesh to be evenly distributed.

When you are ready, straighten your legs, one at a time.



Step 3: Bring awareness to your low back

Does it feel in a neutral position?

If the low back feels like it is being pulled into an over-arched position, then:

- EITHER, the Butterfly is positioned too high so that the sacrum is resting ON IT instead of floating in the indent. When doing the Butterfly Technique for the first time, most people place the Butterfly too high. Try moving the Butterfly down one millimetre at a time until your low back feels neutral;
- OR, if you're sure the Butterfly is in the right place, but still feel the low back is being pulled into an over-arch, you likely just need more support under your knees. Some people enjoy the feeling of a gentle stretch however, we recommend that you use as many pillows as necessary so that there is **no stretch at all**.

If the low back feels like it is slumping toward the floor:

- Move the Butterfly up one millimetre at a time until it feels in the natural or neutral position. A tiny amount makes all the difference.
- Check how it feels with less support under the knees – you may need just one pillow.

Feel confident to make as many small adjustments as necessary to find the 'sweet spot' where the Butterfly feels just right.

Remember, the Butterfly Technique should be comfortable. If you are in pain already, the pain should not worsen.

Adjust any support under your neck as often as required throughout the Technique for comfort.

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. Likely, it will vary each time.

Step 4: Coming out of position

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

Lower your bottom and 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 5: Rest and Heal

Do not skip this step - it's an essential part of the healing process.

Let your body rest for at least 5 minutes.

While still lying down, 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, turn onto your side and spend a moment or two there, then use your hands to push yourself up into sitting. Avoid using your tummy muscles to sit up.

Drink some water.

To build up your experience of this practice, you may find it helpful to keep a record of how long you were in position and how you felt afterward.

Would You Like Help?

If you're not sure that you're doing the Butterfly Technique correctly or are not getting the desired results, I recommend booking a consultation with me (available in person or virtually) or with one of our registered Butterfly Technique practitioners (currently UK only).

In my experience, the only time the Butterfly Technique is ineffective is because of poor positioning of the Butterfly and/or incorrect support under the knees.

Feeling confident about what you're doing is important. The Butterfly Technique supports the wisdom in the body, the intelligence that organises our entire physical existence, and the mood and attitude one brings to the practice of it is inseparable from the results.

Want To Deepen The Healing Experience?

Over the past 8 years, I've developed the Butterfly Technique based on my own experiences as well as those of others. Today, I offer complementary practices including breathwork and guided meditation to deepen the healing experience. These make up an essential part of my daily self-practice, and I'm delighted to share them in person and virtually via consultations, workshops, and retreats. All details are on the website.

Wishing you fabulous health,

A handwritten signature in black ink that reads "Loulou James". The signature is written in a cursive, flowing style.