

**STARTING POSITION:** Lie on your belly, either on the floor or your bed. Position the ball anywhere from the bottom of your rib cage to the top of your pubic bone. Pick a spot, any spot in that region. Search for spots that are either hot, hard or tender.



1. Allow yourself to melt over the ball. Breathe into the ball and beyond the ball into the pelvic floor. Wait a minimum of 2 -8 minutes- there is no maximum. Allow the fascia to release before moving to another spot.
2. Continue to sink slowly into tender or tight spots. The total time may vary.

Self Psoas and  
Abdominal release:

If an area that you choose is too painful to fully relax over the ball, you can:

\*Move the ball slightly and work around the painful area. Slightly adjust your body weight to shift some of the weight off the ball.

**FYI:** Using the ball in the abdominal region will decrease or eliminate:

- back pain
- constipation
- increase blood flow to the pelvic organs and lower extremities.