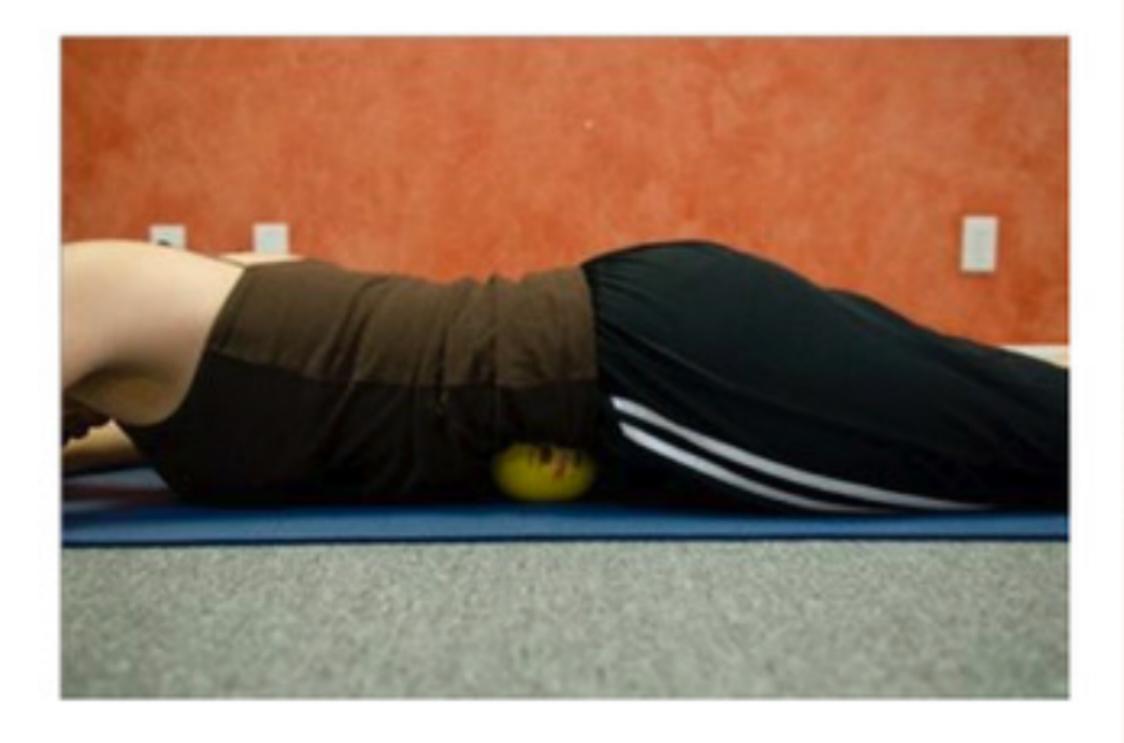


Self Psoas & Abdomen Release

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.



- 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.
- 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.

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