



**Yellow Ball Stretches:** The yellow ball can be used for tight or tender areas throughout the body. The trick is to find a tender spot and engage it GENTLY. Do not exert too much pressure or you could further irritate an already inflamed area. Breathe and soften over the ball.

**Slowly let the ball sink into the spot you choose. It may take a minimum of 4-5 minutes to feel a release, but there is no maximum amount of time to stay in a spot.**