

Rebalance Sequence



Note: Remember, no part of MELT should ever hurt. Pain is your signal to ease back pressure!



REST ASSESS

Lie on the floor with your arms and legs straight and relaxed, palms face up. Take a breath, allow your body to relax into the floor, and scan your body for stuck stress. Remember the four common imbalances: If all your upper back weight is on your shoulder blades, if your mid-back is arched off the floor, if your tailbone is more weighted than your butt cheeks, or if the backs of your thighs feel off the floor on one or both sides, you have identified stuck stress in your body. Close your eyes and, using your Body Sense, notice what you feel. Turn your head left and right. Do you feel pain or limited range? Assess your Autopilot. Imagine dividing yourself into right and left sides. Notice if one side of your body feels more on the floor than the other. Does the right or the left side feel heavier or longer, or do they feel even? Finally, breathe and notice if there are any restrictions as you take a full breath.



GENTLE ROCKING

Lie along the length of the roller. Place your forearms on the floor and take a focused breath. Allow your head, chest, and pelvis to slowly tip toward the floor on one side. Then come back through the center and slowly tip toward the other side. You want to get a sense of gently falling and catching yourself with your forearm, while keeping the back of your head, your spine, and the center of your pelvis aligned and heavy on the roller at all times. Continue to gently rock from left to right for about 30 seconds.



PELVIC TUCK AND TILT

Come back to the center. Make sure your feet are still in line with your sits bones. Place your hands on the front of your pelvis, fingertips on your pubic bone and the heels of your hands on your front hip bones. Slowly tuck and tilt your pelvis 5–6 times, keeping your ribs stable and your foot pressure constant and light.





3-D BREATH BREAKDOWN

Take 4–5 focused breaths in each direction—front to back, side to side, and top to bottom—allowing the diaphragm to expand in two directions as you inhale.



3-D BREATH

Place both hands on your belly and take a breath into all six sides of your torso, expanding three-dimensionally. Try this 2–3 times. During the next exhale, make a firm shhh, seee, or haaa sound and sense the reflexive action in your deep abdomen. Repeat 3–4 times. Then, without using the sound, see if you can use your Body Sense to feel and follow that same reflexive action. Try this 2–3 times.



REST REASSESS

Lie on the floor with your arms and legs straight and relaxed, palms face up. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to re-assess. Remember the four common imbalances. Did you make changes? Do your ribs feel more weighted to the floor? Is your low back curve more relaxed and closer to your pelvis? Is your pelvis more weighted on your butt cheeks than on your tailbone? Have the backs of your thighs settled to the floor? Turn your head from left to right. Do you have more range of motion? Is there less pain or stiffness as you turn your head? Notice whether your upper body is more relaxed. Are your ribs heavier to the floor than they were before? Is your low back curve closer to your pelvis? Assess your Autopilot. When you divide yourself into right and left sides, do the sides feel more even? Does it feel like there's less of a distinction between your left and right halves? Finally, take a full breath and notice what areas of your torso expand when your lungs fill with air. Do you sense greater movement? Is it easier to take a deep breath?