













	<p>Body Scan Assess</p> <p>Stand with your feet side by side and close your eyes. Notice whether it feels like you have more weight on your left or right side. Scan up your body and notice how you feel.</p>	<p>RECONNECT</p>
	<p>Spine Flex Assess</p> <p>Stand with your feet parallel, hip-width apart. Breathe in and on the exhale, lower your chin to your chest. Slowly round down bringing your elbows toward your hips until your spine forms a C shape. Do not hinge at the hips or let your hips drift backward. Put your hands side by side and notice whether they line up.</p>	<p>RECONNECT</p>
	<p>Forward Bend Assess</p> <p>Option to do this starting with knees bent and forearms or hands on thighs and slowly straighten legs just until you feel the stretch.</p> <p>Fold your body forward from your hips without bending your knees. Notice where you feel tension in your legs. Is it equal in both legs? Ideally your palms should rest on the floor. How close to this position can you get? Soften your knees and slowly round up.</p>	<p>RECONNECT</p>
	<p>Foot Position Point Pressing</p> <p>Stand with your feet hip-width apart. With the soft ball, step onto point 1 with a tolerable amount of pressure and take a focused breath. Before you move to the next point, step backward with the opposite foot. Gently rock forward to apply tolerable compression to each point, stepping back to decompress as you move from point to point.</p>	<p>REHYDRATE</p>
	<p>Foot Shear (Indirect)</p> <p>Place the ball on point 1 and rest your heel on the floor. Let your foot sink into the ball to create tolerable pressure. Maintain consistent pressure as you curl your toes like a fist, then open and wiggle them. Repeat three times.</p>	<p>REHYDRATE</p>
	<p>Foot Glide</p> <p>Place the ball on point 5, right in front of the heel. Keeping the ball of your foot on the floor, slowly move the ball from side to side in front of the heel. Continue gliding the ball from side to side as you work your way to the back of the heel and then back to point 5.</p>	<p>REHYDRATE</p>
	<p>Foot Shear (Direct)</p> <p>With the ball on point 5, use a slightly heavier compression to move the ball in very small movements left to right. The ball should barely move.</p>	<p>REHYDRATE</p>
	<p>Foot Rinse (across)</p> <p>Place the ball on point 2, directly under the big toe knuckle. Keeping your heel on the floor, gently press the ball with consistent pressure across the foot pad toward the outside of the foot. Lift your foot to return to the starting point and repeat two more times.</p>	<p>REHYDRATE</p>
	<p>Foot Rinse (down)</p> <p>Place the ball on point 2. Press the ball toward your heel in a continuous motion with tolerable, consistent pressure. Lift your foot to move to the next point. Repeat from each point.</p>	<p>REHYDRATE</p>
	<p>Foot Friction</p> <p>Using light, quick, random movements, rub your foot and toes over the ball in a scribble-like motion.</p>	<p>REHYDRATE</p>

	<p>Rest Assess</p> <p>Lie on the floor with your palms face up and your arms and legs extended. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to sense what you feel.</p>	<p>RECONNECT</p>
	<p>Tail Triangle Glide</p> <p>Sit with the roller at the top of the back of the pelvis, knees bent. Place your arms behind you with your fingers outward. Glide down your tail triangle, stopping short of your tailbone. Meet any barriers and shear by making small circles. Rinse downward.</p>	<p>REHYDRATE</p>
		
	<p>Back Thigh Shear</p> <p>Move the roller under your upper thighs and extend your legs. You can shear both legs at a time or let one leg bend to the side. Slowly drag your legs together and apart to shear the back of the thighs, four or five times on each area. Move the roller to the middle of your thighs and then just above your knees to repeat.</p>	<p>REHYDRATE</p>
	<p>Calf Glide and Shear</p> <p>Place the roller under the largest part of your calves. Cross one ankle over the other and glide by bending and straightening the knees. When you find a barrier, create circles with your ankle or rotate the leg in and out four or five times. Pause and take two Focused Breaths. Repeat on the other leg.</p>	<p>REHYDRATE</p>
	<p>Rest Assess</p> <p>Lie on the floor with your palms face up and your arms and legs extended. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to sense what you feel.</p>	<p>RECONNECT</p>
	<p>Gentle Rocking</p> <p>Lie lengthwise on the roller. Place your hands lightly on the floor and gently rock from left to right. You want to get a sense of falling and catching yourself on each side for about 30 seconds.</p>	<p>REBALANCE</p>
	<p>3-D Breath Breakdown</p> <p>Lie lengthwise on the roller with your feet in line with your sit bones. Sense your head, ribs, and pelvis resting on the roller. Imagine your body as a six-sided box - front to back, side to side, and top to bottom. Take four or five Focused Breaths into two sides of your body at once and notice where the breath moves easily and where it doesn't.</p>	<p>REBALANCE</p>
	<p>3-D Breath</p> <p>Lie lengthwise on the roller, with both hands on your belly. Take a breath into all six sides of your torso. During the exhale, make a firm "shhh," "seee," or "haaa" sound and sense the engagement in your deep abdomen. Repeat three to four times. Then, without using the sound, see if you can feel and follow that same abdominal contraction.</p>	<p>REBALANCE</p>
	<p>Neck Turn</p> <p>Lying lengthwise on the roller, place your fingertips on the floor with arms straight. Press your hands into the floor. Slowly turn your head to your right to increase the tensional pull on your left arm. Slowly turn your head to center. Repeat two to three times then switch sides.</p>	<p>REHYDRATE</p>
	<p>Shoulder Blade Reach</p> <p>Lie lengthwise on the roller with your feet in line with your sit bones. Reach your hands to the ceiling, palms facing in. Breathe in, and reach your fingertips to the ceiling. On the exhale, allow the weight of your arms to sink your shoulder joints around the roller without bending your elbows. Repeat five to ten times.</p>	<p>REHYDRATE</p>
	<p>Double Arm Reach</p> <p>Lie lengthwise on the roller. Extend both arms out in a T position. Reach through the fingers of both hands as you alternate flexing and extending the wrists.</p>	<p>REHYDRATE</p>



Neck Turn

REHYDRATE

Lying lengthwise on the roller, place your fingertips on the floor with arms straight. Press your hands into the floor. Slowly turn your head to your right to increase the tensional pull on your left arm. Slowly turn your head to center. Repeat two to three times then switch sides.

~~Again, with arms out at full reach like a cross~~



Rest Assess

RECONNECT

Lie on the floor with your palms face up and your arms and legs extended. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to sense what you feel.



Base of Skull Shear

REHYDRATE

Position the roller under the hairline at the base of your skull with your knees straight or bent if that's more comfortable. Shear the base of the skull. Repeat on other side. Come back to the center of the base of your skull and make gentle side bends or figure eights to shear this area.



Neck Decompress

RELEASE

After rehydrating the base of the skull, move the roller from the base of your skull up about one inch to the middle of the back of your skull. On an inhale, slowly nod your face down. On an exhale, return your nose to the ceiling. Repeat eight to ten times and then remove the roller from the back of your head and gently bring your head to the floor.



SI Joint Shear

REHYDRATE

Position the roller under your pelvis. Angle your knees just to one side and make small circles with both legs together two to three times in each direction. Or try circling just the lower leg in larger but slower circles. Also try "walking" your knees forward and back. Pause and take two Focused Breaths. Repeat on other side.



Low Back Decompress

RELEASE

Position the roller under the top of the back of your pelvis. Place your hands close to your knees. Breathe in, and on the exhale, press your thighs into your hands, press your pelvis into the roller, and sink the back of your ribs toward the floor. Repeat two to three more times.



Bent Knee Press

REHYDRATE

Position the roller under your the top of your pelvis. Lightly grasp the shin of the left leg and place the right knee and foot in line with right sit bone. Press the right heel toward the floor and gently pull your left knee closer to your chest. Tuck the pelvis to increase the pull. Hold for three focused breaths. Repeat on the other side.



Drawbridge

REHYDRATE

Lie on the floor with the roller underneath the top of the pelvis. Hold the left leg into the body and point the right toes at the ceiling. Lower the right leg until it's in line with the body and reach the right arm in the opposite direction. Pull the left leg tighter and turn the head to the left. Repeat on opposite side.



Rest Assess

RECONNECT

Lie on the floor with your palms face up and your arms and legs extended. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to sense what you feel.

Not all techniques are suitable for everyone. Participation in any treatment/exercise program may result in injury. By doing the MELT Method® exercises, you assume the risk of injury from performing the movements and techniques shown. Consult your physician before doing any MELT® exercises, especially if you suffer from an injury or medical condition.