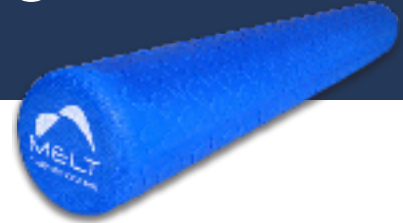


# Lower Body Length and Low Back Release Sequence



**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 and allow your body to relax into the floor. Use your Body Sense and scan your body for the 4 common imbalances: Does your upper back feel more weighted on your shoulder blades than on your ribs? Are your lower ribs arched off the floor? Is your tailbone more weighted than your butt cheeks? Do the backs of your thighs feel off the floor on one or both sides? Divide yourself into two halves and assess your Autopilot: Does one side feel more weighted or one leg feel longer?



## SI JOINT SHEAR

With knees bent as shown, slowly tip your pelvis left and right to explore both SI joints. Try to keep your knees together. Pause on the right side and Shear the right SI joint by making small circles - with both legs at the same time moving from the pelvis, just the right leg moving at the hip joint in circles, or marching the legs slowly. Then pause for a focused breath and repeat on the other side.



## BENT KNEE PRESS

Bring your right knee toward your chest and interlace your hands over the shin or around the back of your thigh. Tuck your pelvis and allow your ribs to relax and sink into the floor. Engage your core. Hips remain level -4 point square as you energize your knee over your toes, pelvis towards the nose finding tension along the front thigh. Repeat on other side.





### HIP TO HEEL PRESS

With your left foot light on the floor, pelvis level atop the roller, knee in line with your hip, mid-ribs relaxed and wide on the floor, extend your right leg low and long, ankle flexed, Flex the right hip and extend straight leg toward the ceiling, stop before your knee bends or you reach perpendicular. On an exhale, in two directions, actively flex your ankle and tilt your pelvis, keeping your pelvis weighted to the top of the roller to find tensional length from hip to heel. Repeat on other side.



### PELVIC TUCK AND TILT CHALLENGE

Place your palms on the front of your thighs, arms straight throughout the technique as shown, ribs below your shoulder blades toward the floor. Gently press your thighs into your hands as you exhale, actively tuck your pelvis, take a sip of air and as you exhale, actively tilt the pelvis back atop the roller sustaining the pressure of your thighs toward your hands. Repeat 4-6 times.



### LOW BACK DECOMPRESS

Maintain the tilted position of your pelvis. Breathe in and, on the exhale, gently increase your thigh-to-hand pressure and sink the back of your ribs toward the floor without losing the tilt of your pelvis. Inhale and subtly relax all three points of pressure, but don't change your position. On the exhale, re-engage the three points of pressure—thighs to hands, mid ribs to floor, pelvis to roller. Repeat one more time. Come off the roller and lie down on the floor on your back with your legs extended.



### 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?