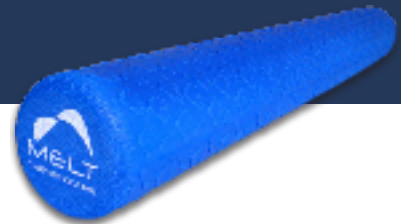


Rebalance Sequence



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 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?



GENTLE ROCKING

Lie along the length of the roller, knees bent, and place your forearms on the floor. Allow your body to gently rock side to side, maintaining your spine on the roller as you take focused breaths for 30 seconds to Reconnect your Autopilot to your COG.



PELVIC TUCK AND TILT

Make sure your feet are in line with your sits bones. Place your hands on the front of your pelvis, slowly tuck and tilt your pelvis 5 to 10 times, focusing on keeping your ribs stable and your foot pressure light and constant. Connect your exhale to your movement to help your Autopilot reconnect to your COG.



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 reassess. Remember the 4 common imbalances: 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? Reassess your Autopilot: Do you feel more equal from side to side?

