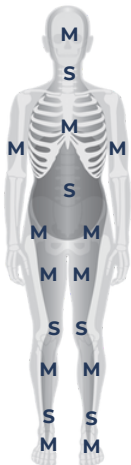


Rest Assess / Rest Reassess

Abbreviated

Rest Assess

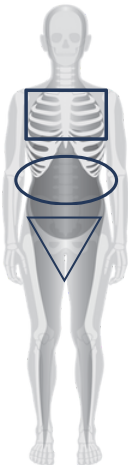


Body Sense/ Masses and Spaces

Lie down on your back with your arms and legs extended, palms facing up. Close your eyes, take a focused breath and as you exhale, relax into your mat. Use your Body Sense and notice your Masses and Spaces. If this position causes any discomfort or pain, you may come out of this position.

3 Areas Stuck Stress Lives

There are 3 areas Stuck Stress likes to live. Your shoulder girdle, diaphragm and pelvis. If you have Stuck Stress in these 3 areas, you may be very aware of the 4 common imbalances.



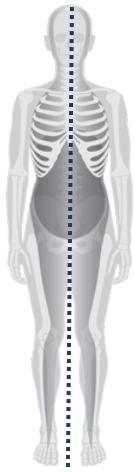
4 Common Imbalances

1. The first common imbalance is experiencing the edges of your shoulder blades heavy to the floor. If you have no Stuck Stress in your shoulder girdle, you would feel the rib cage on the floor with the heaviest part being right below the shoulder blades.
2. The second common imbalance is being aware of a mid-back curve. If you have no Stuck Stress in your diaphragm, you would feel a small, distinct low-back curve, from belly button toward your pelvis..
3. The third common imbalance is experiencing your tailbone or sacrum as the heaviest part of your pelvis. If you have no Stuck Stress in your pelvis, your butt cheeks would be heavy and evenly weighted to the floor.
4. The fourth common imbalance is experiencing the backs of your thighs light or lifted off the floor on one or both sides. If you have no Stuck Stress in your pelvis, your thighs would weight heavily and evenly to the floor.



Discover the secrets to pain-free living... **at any age!**™





Autopilot Assess

Using your Body Sense, divide your body from ear to heel. If your Autopilot is having trouble connecting to your center of gravity (pelvis), you may feel one side is feeling heavier to the floor than the other or one of your arms or legs may feel longer than the other.

Neck Turn Assess

Slowly turn your head left to right. If you sense pain, limited range of motion, or you feel like your shoulders move, this is another way to sense if there is Stuck Stress in the shoulder girdle. Remember what you feel and after you MELT, proceed to the Rest Reassess.

Body Sense

Lie down on your back with your arms and legs extended, palms facing up. Close your eyes, take a focused breath and as you exhale, relax into your mat. Use your Body Sense and reassess. Notice if this position feels more comfortable than before.



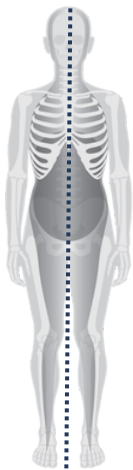
4 Common Imbalances

Reassess the 4 common imbalances:

1. Do you feel more weighted in your mid-rib wall instead of shoulder blades?
2. Do you have a small, distinct low-back curve?
3. Are your butt cheeks heavy and evenly weighted?
4. Are the backs of your thighs heavy and even, or closer to the floor?

Autopilot Reassess

Divide your body from ear to heel. Notice if your body feels more evenly weighted from right to left.



Neck Turn Reassess

Slowly turn your head left to right. Notice if you have less pain, more range of motion, or you feel like your shoulders do not move.

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