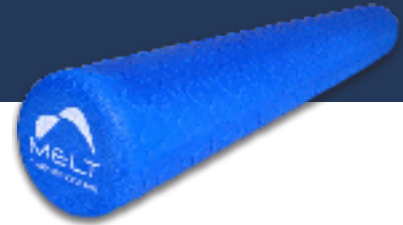


Upper Body Length Sequence



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.



SHOULDER BLADE REACH

Straighten out your arms and extend them toward the ceiling, palms face in, hands appear over hips not shoulders. Glide the shoulder blades up and away from the spine, around the rib wall and back down without bending your elbows. Collarbones wide, don't shrug. Repeat this 5 to 10 times.



DOUBLE ARM REACH

Open your arms wide to the side as you reach your fingertips away from the center of your chest, shoulders relaxed, elbows slightly soft, ribs heavy. Your hands are just above your body. Your arms are in line with your ribs, rather than straight out from your shoulders. Keeping your palms face up, slowly extend one wrist and point your fingertips toward the floor as you flex the other wrist and point your fingertips toward the ceiling. Slowly flex and extend your wrists in opposition 6-10 times. Try this same motion while making fists. Open your hands again and turn your palms face down to flex and extend the wrists with open palms and then closed fists.



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?

