



**STRUCTURAL ENERGY AWAKENING**  
*LIFE-CHANGING BODYWORK*

# Body Rolling

*Instructional Overview*



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Dedication:

“Be the change you want to see in the world.”

*Mahatma Gandhi*

### WHAT IS BODY ROLLING?

Body Rolling (or sometimes called Self-Myofascial Release - SMFR) is an efficient means of balancing the muscle tension in the body. When done correctly on a regular basis, it can provide direct benefits for many structural problems in the body, especially back, knee, hip, and shoulder tensions.



### WHAT IS A BODY ROLLER?

A Body Roller is any object/device that allows you to rest your own bodyweight on it in order to release muscle tension. Relaxing on top of the Body Roller will be similar to receiving deep massage pressure, except that you control the pressure with breath and the direction you roll will move the pressure as you like.

Some of the examples of Body Rollers we will cover are shown below.



#### **Baseball**

The hard and small Body Roller. It is good for feet/lower legs and hands and lower arms.



#### **Softball**

The medium pressure and size Body Roller. It works well for most of the body where medium pressure is bearable.



#### **Roundball**

The softer pressure and larger sized Body Roller (20+ CM diameter). It works well for most of the body where soft pressure is bearable.



#### **Doorknob**

The hard and small Body Roller. It is good for along the neck, spine and sacrum as well as lower arms and legs.



#### **Body Roller**



The tubular Body Roller can range from hard to soft and small to large in size. It is good for most of the body and especially the upper legs, hips and back.

### PRECAUTIONS

In general, all the techniques are safe for a person with minor previous injuries or physical limitations, but the following are some general precautions for every technique shown in this document:

- Protect your knee when placing it on any hard surface with a mat or folded towel under it.
- Do not force yourself deeper into Body Rolling, work with your breath to sink deeper.
- You may be limitations in flexibility or strength depending on past injuries, inflexibility or other reasons. If you feel pain, listen to your pain and back off as needed.

### BREATHING AND RELAXING INTO IT

	
<p>1. Inhale <b>slowly</b> and raise body up. <b>(Decrease the pressure)</b></p> <p>This gives you a chance to position your leg on any location and prepare your breath for a slow exhale.</p>	<p>2. Exhale <b>slowly</b> (2+ seconds) and lower body down. <b>(Increase the pressure)</b></p> <p>If there is too much pain, return to Step 1 and catch your breath before trying again.</p>

Try to repeat breathing into each location for at least three deep breaths, or more depending on if an area needs more release.

### FREQUENCY AND BENEFITS

Body Rolling is extremely efficient when you put in the effort to be consistent. It is especially beneficial to athletes and those who put strong or long-lasting physical demands on their body.

Depending on the previous condition of the muscle group involved, Body Rolling may need to be a daily practice to achieve improvement. After some time, it may be required only weekly or monthly.

With proper anatomical diagnosis and having bodywork for therapeutic benefit, one can use Body Rolling to support the structural and energetic improvement in the body.

### TOOLS

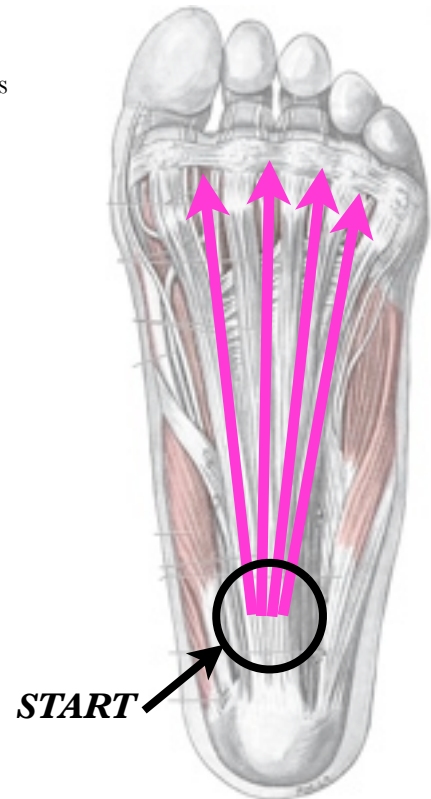
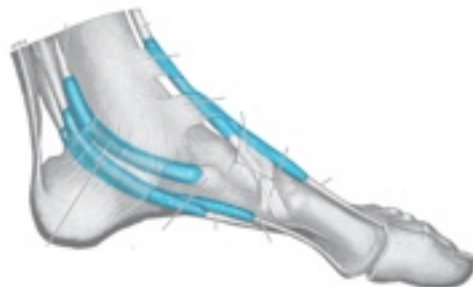


### DESCRIPTION AND ANATOMY

Feet can be unbalanced due to muscular and energetic problems of varying lengths of time, possibly causing limitations in ankle movement or the way the foot lies on the ground.

Foot problems can also extend into the lower leg, knee and up the length of the body in terms of standing, walking and strenuous or repetitive motions.

The bottom of the foot is the most important to release slowly with a hard object like the softball or baseball.



### TECHNIQUE

<p>1. Start by pressing just in front of the base of the heel.</p>	<p>2. Continue out the foot between the bones (Metatarsals).</p>	<p>3. Spend some time pressing on the ball of the foot just before the toes.</p>

***Repeat for each set of bones on the bottom of the foot.***

***Repeat for the other foot.***

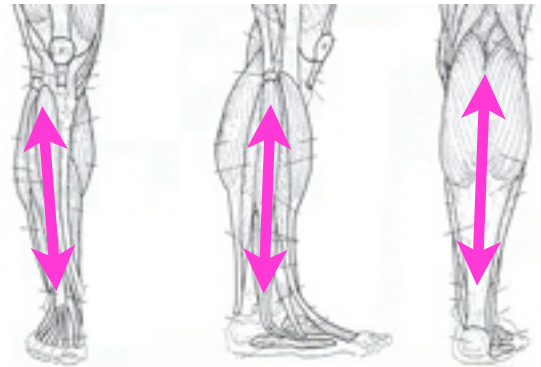
### TOOLS



### DESCRIPTION AND ANATOMY

Lower legs are important in affecting the ankle and knee alignment in terms of walking, running, standing, etc.

Lower Legs can be approached from three different aspects - Front, Outside and Back.



Front

Outside

Back

### TECHNIQUE

<p>Press bodyweight on the back of the lower leg.</p>	<p>Squeeze the leg with ball between the calf and hamstrings.</p>
<p>Press bodyweight on the side of the lower leg.</p>	<p>Press bodyweight on the front of the lower leg.</p>

***Repeat for the other lower leg.***

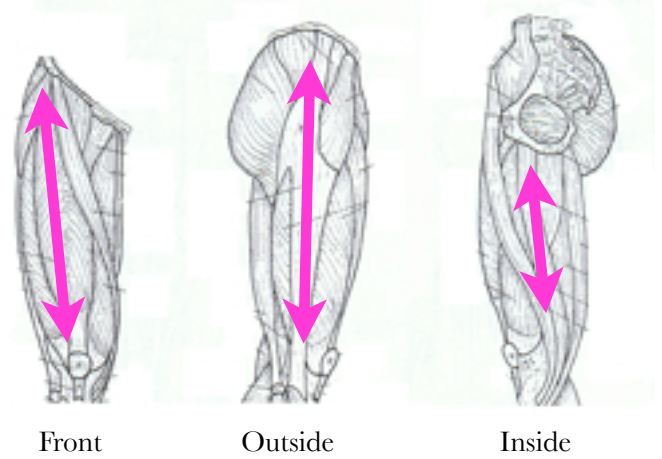
### TOOLS



### DESCRIPTION AND ANATOMY

Upper legs are important in affecting the knee alignment, hips and lower back in terms of walking, running, standing, etc. The affect of release in the upper legs can help to release the upper back.

Upper legs can be approached from three different aspects - Front, Outside and Inside.



### TECHNIQUE

<p>Press bodyweight on the side of the upper leg.</p>	<p>Bend knee if the intensity is too much.</p>
<p>Press bodyweight on the front of the upper leg.</p>	<p>Press bodyweight on inside of the upper leg</p>

***Repeat for the other upper leg.***

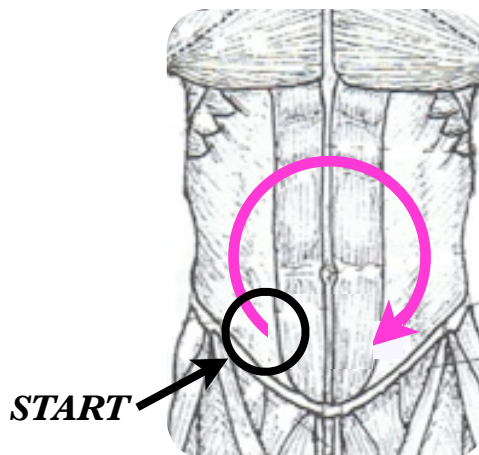
### TOOLS



### DESCRIPTION AND ANATOMY

The Stomach can be worked from the front starting in the lower right and working around the stomach in clockwise motion.

**Caution** not to do this on a full stomach and you may adjust the pressure of the ball from softer to more firm to attain better results.



### TECHNIQUE

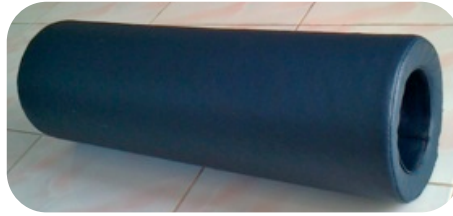


Place the ball on the stomach in the starting position.



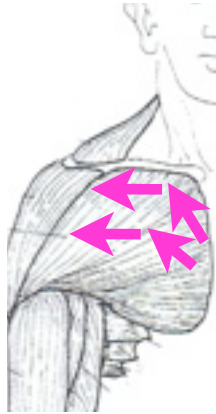
Relax into each location working around the stomach and even the attachments to the legs.

### TOOLS



### DESCRIPTION AND ANATOMY

The chest and upper arms have an affect on making the shoulders and upper back tight and immobile. It is important to release these areas before trying to release the back & neck.



Front of the Chest



Side of the Chest



Back of the Upper Arm

### TECHNIQUE

<p>The front of the chest near the sternum and clavicle can be worked with a softball.</p>	<p>The side of the chest (under the shoulder) can be worked with a roller. Be careful with strong pressure on your floating ribs (T11 &amp; T12).</p>	<p>The back of the upper arm can be worked with a roller.</p>

**Continue to “6. Lower Arm & Hands” before repeating other side.**

### TOOLS

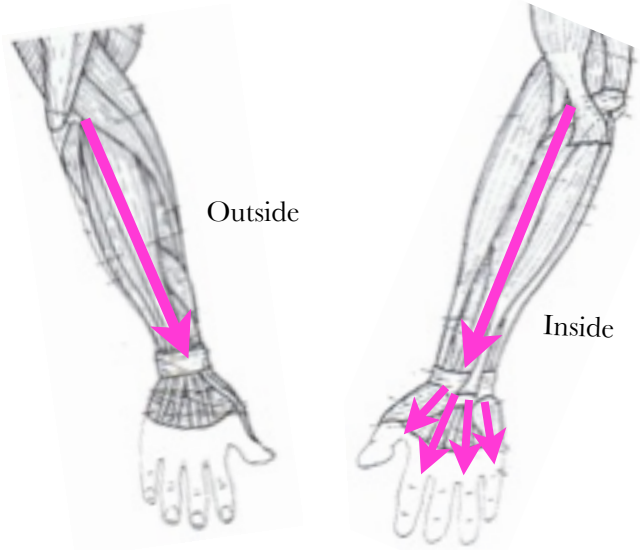


### DESCRIPTION AND ANATOMY

Lower arms are important in affecting the wrist mobility and elbow alignment in terms of arm, shoulder and neck flexibility/openness.

Lower arms can be approached from two different aspects - Outside and Inside.

The hand can be worked on the Inside as well, similar to the foot.



### TECHNIQUE

<p>Turn Palm up to work the Outside of the arm.</p>	<p>Turn Palm down to work the Inside of the arm.</p>
<p>Spend some time on the Inside of the wrist.</p>	<p>Work the hand out between each of the bones.</p>

**Repeat other side from "5. Chest & Upper Arms" to this step.**

### TOOLS

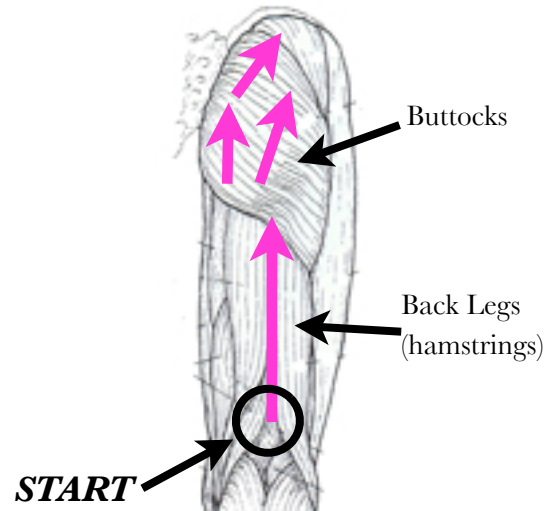


### DESCRIPTION AND ANATOMY

Back legs (hamstrings) and the buttocks are important in affecting the hip mobility, lower back freedom and secondarily affecting the freedom of the upper back.

Back legs can be approached from the back with a softball.

The buttocks can be approached with a softball as well.



### TECHNIQUE

<p>Place the ball just above the knee and work up.</p>	<p>Try to get all the way to the top of the leg.</p>
<p>Place the ball under the buttocks.</p>	<p>Work around the buttocks toward the hip.</p>

***Repeat for the other side.***

### TOOLS

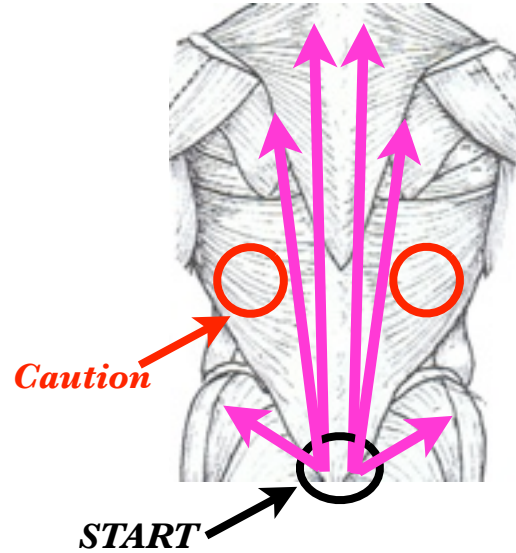


### DESCRIPTION AND ANATOMY

The hips and back can be worked with a roller in a more general manner or with a harder & smaller ball (or doorknob) to be more specific.

Some twisting can also be done on top of the roller to help release the hips more deeply.

**Caution** not to put too much sharp pressure (with baseball or doorknob) on the kidneys and floating ribs.



### TECHNIQUE

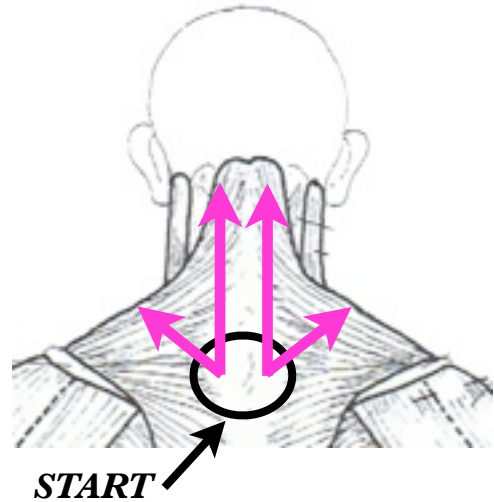
<p>Place the roller under the hips.</p>	<p>Twist one leg over to the opposite side to go deeper in the hip.</p> <p>Repeat for the other side.</p>	<p>Slowly work up the back with the roller and put the arms above the head.</p> <p>Work up to the shoulders if possible.</p>

### TOOLS



### DESCRIPTION AND ANATOMY

The shoulders and neck are important to release together, and are usually the last to be released because they depend on all the other areas being worked thoroughly beforehand.



### TECHNIQUE

<p>Place the ball just at the base of shoulder and work out to the corner.</p>	<p>Work with the ball up one side of the neck and turn your head toward the ball a little to keep your head balanced.</p>	<p>Try to combine a ball with the doorknob to make a traction device to help the neck stretch a bit.</p>

***Repeat for the other side.***

***The End of Instruction***

***Thank you for your time and participation!***