**THERAPY BALL GUIDE**

This amazing therapy ball can be used all over the body with the same basic guidelines that are listed below. Please see pictures with short directions on the website as well, head2soul.net.

**GUIDELINES FOR BALL USE:**

1. Start on a hard floor using a yoga mag or blanket, but if this is too intense you can move to a bed or even couch so that you can maintain the position for 3-5 minutes.
2. Place the ball under an area of pain or tightness and slowly roll in that area to find an area that feels hot, hard or tender or tight; or refers pain or sensation to another area.
3. Sink into that area, softening until the sensation you are experiencing diminishes or disappears. This allows you to access multiple layers of the fascial system.
4. Make sure your space and time is free of distractions, you want to spend the time on the ball imagining that you are softening into the restriction, and ‘allowing’ it to soften/release. Breathing into the experience and even into the area where the ball is, is a powerful tool to help facilitate the release.
5. Remain in this area for at least 3-5 minutes, but you can stay as long as you feel called to or as long as you continue to feel softening. After this time, you can move to another area if you choose.
6. Listen to what your body is telling you, and stay present with how it feels. There is no wrong or right way to do MFR stretching. Stay with the guidelines and you cannot get hurt. If it feels to intense, move slightly off the area. Remember we are not forcing anything but rather waiting for the layers to release as your body feels safe to do so.
7. ****Thank your body for protecting you with these restrictions it formed, and let it know you are ready to “let go’ now.