

Asana: 1 - roller on back (roller on back)



Benefits/Comments: opens up muscles in the back

Variation Comments: begin by leaning on the roller, use elbows for help, then hug yourself

Technique: 1

Description: Begin with the roller at the waist. Lay as heavy on the roller as your back can handle and use your elbows as a bit of support.



Technique: 2

Description: When you are ready press with your feet and lift the buttocks off the floor. Hug yourself and roll up and down the back.



Technique: 3

Description: Roll as high up into the back as you can keeping the neck and head under control.



Asana: 1 - roller on back (roller on back)

Technique: 4

Description: Roll as low into the back as you can go. Roll at least 5 times up and down the back.



Asana: 2 - roller on back (roller on back)

Benefits/Comments: opens up muscles in the back

Variation Comments: roller on back, hands behind head or neck



Technique: 1

Description: Begin with the roller at the waist. Lay as heavy on the roller as your back can handle and use your elbows as a bit of support.



Technique: 2

Description: Variation is to place the hands behind the head or neck.



Asana: 2 - roller on back (roller on back)



Technique: 3

Description: Roll as high up into the back as you can keeping the neck and head under control

Asana: 3 - roller on pelvis (roller on sit bones)



Benefits/Comments: opens up the base of the pelvis

Variation Comments: roller on sit bone...sideways to roller



Technique: 1

Description: Start with knees bent, sit bones mid-roller.



Technique: 2

Description: Roll the roller as close to the tailbone as possible...keep your balance:)

Asana: 3 - roller on pelvis (roller on sit bones)



Technique: 3

Description: Roll back to sit bones and then as far in front of sit bones as you can maintain your balance.

Asana: 4 - roller on pelvis (roller on sit bones)



Benefits/Comments: opens up the base of the pelvis

Variation Comments: roller on pelvis straddling roller



Technique: 1

Description: Sit now straddling the roller.



Technique: 2

Description: Roll from the perineum out to hip and back to perineum. Feel the sit bone moving over the roller. Move back and forth on one side at least 10 times. Then start at center and do the other side.

Asana: 5 - Roller on hamstrings (Roller on hamstrings)



Benefits/Comments: opens up hamstrings

Variation Comments: roll on hamstrings, start at sit bones, using fingertips as support and guide



Technique: 1

Description: Begin with long legs and sit bones on roller. If possible place hands in front of roller, if not possible place hands behind but you won't get as much release for the hamstrings.



Technique: 2

Description: Use tips of fingers to guide the roller down the leg as close to the back of the knee as possible. Roll back and forth at least 10 times or until it feels like the fascia has released somewhat.

Asana: 6 - Roller on hamstrings (Roller on hamstrings)



Benefits/Comments: opens up hamstrings

Variation Comments: wide legs, roll on hamstrings

Asana: 6 - Roller on hamstrings (Roller on hamstrings)



Technique: 1

Description: Bring the legs wide. Still use the hands to guide the body, start at the sit bones and then move up and down the hamstring.



Technique: 2

Description: Guide the roller to as close to the back of the knee as possible. Move up and down the leg at least 10 times.

Asana: 7 - roller on piriformis (roller on piriformis)



Benefits/Comments: releases fascia in buttocks to bring new blood flow to buttocks and back

Variation Comments: lean to one side and roll on the piriformis, then do the other side



Technique: 1

Description: Place one hand behind you and lean to that side, adjust the knees and feet so that you are rolling on the meat of the buttocks.

Asana: 7 - roller on piriformis (roller on piriformis)



Technique: 2

Description: Continue to roll back and forth as high and low in the meat of the buttocks as possible.

Asana: 8 - roller on TFL (Roller on TFL)



Benefits/Comments: releases fascia on side of leg

Variation Comments: open the outside of the leg, hop and TFL/IT band

Technique: 1

Description: Start with both hands behind you. let the bottom leg go long and place the side of the hip on the roller. bend the top leg and place the foot in front of the bottom thigh.



Technique: 2

Description: Using your hands and top foot, drag the bottom leg and roll up and down the side of the leg, up into the hip and down as close to the knee as you can get.



Asana: 8 - roller on TFL (Roller on TFL)



Technique: 3
Description: Roll to top of hip.



Technique: 4
Description: Roll as close to knee as possible.

Asana: 9 - roller on thighs (roller on thighs)



Benefits/Comments: opens up thighs
Variation Comments: start with roller mid thigh



Technique: 1
Description: Start with the roller mid thigh. Place forearms on floor and begin to pull the body forward to postions #2.

Asana: 9 - roller on thighs (roller on thighs)



Technique: 2
Description: Roll until the connector to the knee.



Technique: 3
Description: Use forearms to move body back so that roller ends at top of thigh, below the pubic bone. Continue to roll back and forth at least 10 times or until the fascia opens.