



MELT Map: Autopilot Test

Try the technique. The key is keeping your back and pelvis stable as you lift your leg. Make sure to do a quick assessment before you try the technique. If you perform it correctly, when you come off the roller, your body should rest in a more balanced position!

ASSESS

As you complete these assessments, remember how your body feels. After you MELT, you will do these assessments again and be able to see the changes that MELT creates.

Upper Body Assessment

Lie on the floor, as shown, 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 sense what you feel.

Notice your upper body. Ideally your upper back is relaxed and rests flat to the floor. Is one shoulder blade more weighted to the floor than the other? Notice your arms and hands. Do they rest evenly on the floor? Take note of what you feel.

Notice the bottom of your ribs. Ideally the bottom of your ribs should feel weighted to the floor all the way down until just above your belly button. Notice if your low back curve feels more like a mid-back curve. Again, take note of what you feel.

Finally, notice if one side of your body feels more on the floor than the other.





MELT

Use a **soft or firm MELT Roller** for these techniques.

3-D Breath Breakdown

A 3-D Breath is most effective when done in a quiet area so you are able to focus inward. Take a deep breath as you sense your head, ribs, and pelvis MELTING heavy into the roller. Try tucking and tilting your pelvis back and forth a few times keeping your butt and ribs out of the movement. Then find a “neutral” pelvis somewhere in between tuck/tilt position.

Imagine your torso is a six-sided box and, in the following sequence, take 2 to 3 deep, focused breaths into two sides at once and notice where the breath moves easily and where it doesn't.

Front and back (chest and back) breathing depth into the body

Side to side (sides of the ribs expand) breathing width into the body

Bottom and top (pelvis to collarbone) breathing length into the body

Focused Breath

Take a deep, focused breath into all six sides of your torso, expanding three-dimensionally. During the exhale, make a "shh," "seee," or "haaa" sound and sense the natural engagement in your deep abdomen. Then, without using the sound, see if you can find the same contraction with your conscious control.



Single Leg Lift (Core)

Put your feet in line with your sits bones and allow your fingertips to touch the floor.

Breathe in – on the exhale, lift your right foot one inch off the floor (knee stays bent) and hold the position. Notice whether you can stabilize your spine, pelvis, and body position by engaging your core with your focused breath. Notice whether your bottom ribs come up off of the roller when you lift your foot. Repeat on the other side.

Try this 5 to 10 times and notice whether you get better at stabilizing yourself on the roller as you move one leg at a time. If your core is stable, your spine, pelvis, and ribs should stay in the same place as you move your legs. You can also take your hands off the ground here as well to further challenge your core.



Upper Body Assessment

Lie on the floor, as shown, 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 sense what you feel.

Notice your upper body. Ideally your upper back is relaxed and rests flat to the floor. Is one shoulder blade more weighted to the floor than the other? Notice your arms and hands. Do they rest evenly on the floor? Take note of what you feel.

Notice the bottom of your ribs. Ideally the bottom of your ribs should feel weighted to the floor all the way down until just above your belly button. Notice if your low back curve feels more like a mid-back curve. Again, take note of what you feel.

Finally, notice if one side of your body feels more on the floor than the other.