







MELT Rebalancing Map 1



This is the basic indirect MELT Map for just about everyone! This is the Rebalancing Map to get the regulators of your nervous system to return to balance. The greatest changes should be that the ribs settle down below the shoulder girdle and the body should feel more balanced from left to right. This map should only take 10 minutes!

	Rest Assess Lie on the floor with your palms face up and your arms and legs extended. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to sense what you feel.	RECONNECT
	Gentle Rocking Lie lengthwise on the roller. Place your hands lightly on the floor and gently rock from left to right. You want to get a sense of falling and catching yourself on each side for about 30 seconds.	REBALANCE
	Pelvic Tuck and Tilt Lie lengthwise on the roller with your feet in line with your sit bones. Place your hands on your pelvis, finger tips on pubis bone and the heel of your hands on the front hip bones. Slowly tuck and tilt your pelvis four or five times, keeping your ribs stable and your foot pressure constant.	RECONNECT
	3-D Breath Breakdown Lie lengthwise on the roller with your feet in line with your sit bones. Sense your head, ribs, and pelvis resting on the roller. Take four or five Focused Breaths into two sides of your body at once.	REBALANCE
	3-D Breath Lie lengthwise on the roller, with both hands on your belly. Take a breath into all six sides of your torso. During the exhale, make a firm "shhh," "seee," or "haaa" sound and sense the engagement in your deep abdomen. Repeat three to four times. Then, without using the sound, see if you can feel and follow that same abdominal contraction.	REBALANCE
	Rest Assess Lie on the floor with your palms face up and your arms and legs extended. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to sense what you feel.	RECONNECT

Not all techniques are suitable for everyone. Participation in any treatment/exercise program may result in injury. By doing the MELT Method® exercises, you assume the risk of injury from performing the movements and techniques shown. Consult your physician before doing any MELT® exercises, especially if you suffer from an injury or medical condition.