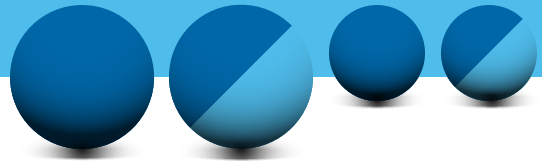
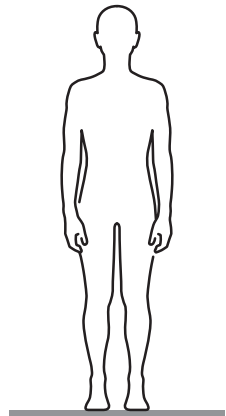


Mini Soft Ball Foot Treatment

Ball: Large Soft



Note: Do each technique on one foot then repeat all the techniques on the other foot.



Body Scan Assess

Stand with your feet side by side, hip-width apart. Close your eyes and use your Body Sense to notice your feet. Use your Body Sense and scan up your legs. Notice the joints of your ankles, knees, and hips. Notice if you have any tension in your legs.



Position Point Pressing



Stand up straight with your feet hip-width apart. With the large soft ball, step onto position point 1. Put your feet side by side and gently shift some of your body weight onto the ball to create tolerable pressure. Then shift your weight off the ball. Repeat this shifting two or three times to ease into tolerable compression while you take focused breaths.

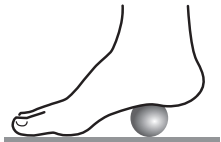
Place the ball under position point 5, in front of the heel bone. Apply tolerable compression to that point as you take a focused breath.



Glide



Keeping the front of your foot on the floor, slowly move the large soft ball from side to side in front of the heel, as shown. Continue to Glide the ball from side to side as you work your way to the back of the heel and then back to point 5.



Direct Shear

With the large soft ball on point 5, use a slightly heavier compression to wiggle your foot left to right. The ball should barely move. Hold the compression and take focused breaths as you allow the tissue to adapt.



Foot Rinse (down)

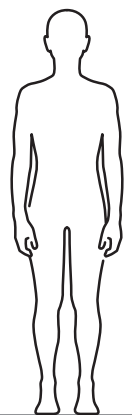
Place the large soft ball on point 2, directly under the big toe knuckle. Apply tolerable compression to that point, then press the ball toward your heel in a continuous motion with tolerable, consistent pressure.

For the greatest result, begin your Rinse with your foot slightly behind you, so you can create a smoother toe-to-heel Rinse. Lift your foot to move to the next knuckle. Repeat from each one, as shown.



Friction

Using light, quick, random movements, rub your foot and toes over the large soft ball in a scribble-like motion.



Body Scan Reassess

When you finish this self-treatment on one foot, close your eyes and use your Body Sense to notice the side of the body you just treated.

Notice your foot. Notice the joints of your leg. You may find that you don't sense the leg as separate parts and instead your leg feels more cohesive. Notice if you feel more grounded.

Repeat all the techniques on the other foot.

Final Body Scan Reassess

Now that you've self-treated both sides of your body, close your eyes and use your Body Sense to feel your feet on the floor. Notice your joints. Do your legs feel more cohesive on both sides now? Do you feel more evenly grounded?