



A self-care approach to functional recovery

Presented by Micheline Gauthier

Course Description: Participants will learn to use small 6 to 10” rubber balls as well as other props to roll out, stretch and elongate muscles from head to toe! They will be shown various Body Rolling® routines that will allow them to let go of unproductive patterns working specific muscles in detail, to create suppleness in tight areas and optimize range of motion.

In this course, the instructor will first demonstrate, then teach the routines, supervise and offer corrections.

Outline

1:30

- Introduction
- Brief history of Yamuna Body Rolling®
- Theory and basic guidelines
- Principles, benefits and contra-indications
- What to expect

1:45

- Assessment of individual areas of concern, posture and alignment using a pelvic caliper for measurements
- Choosing the right ball

***All routines are based on experiential anatomy
referencing to muscle charts and skeleton***

2:00

HAMSTRINGS (3 variations) (***Pages 105 to 110***)

1. I will demonstrate and teach how to isolate and roll each individual hamstring muscle.

2. I will teach a technique called cross-fiberling to stretch and release adhesions in all 3 muscles simultaneously.
3. I will show students how to use the ball to separate and lift the gluteal muscle group away from the hamstrings.

2:30 QUADRICEPS (2 variations) **(Pages 111 to 117)**

1. In this routine we learn how to release tension in all 5 muscles of the anterior thigh by first massaging, separating and stretching each muscle individually starting from the hipbone down toward the knee.
2. Here we move down the front of the thigh from the hipbone this time using cross-fiberling.

3:00 ABDOMINAL MUSCLES **(Pages 90 to 96)**

In this routine we learn how to safely roll the ball from the pubic bone over the abdomen toward the rib cage.

3:30 CHEST & UPPER ARM - biceps **(Pages 174 to 178)**

Here I demonstrate how to roll from the sternum out toward the shoulder joint and into the arm. I then teach the routine adding a breathing technique and cross-fiberling of the biceps.

4:00 SIDELINE & UPPER ARM – triceps **(Pages 166 to 174)**

First we roll from the hipbone down the outside of the upper leg. Then I teach how to safely roll from the hipbone, over to the rib cage and into the shoulder joint (armpit). Cross-fiberling is used once into the triceps.

4:30 SPINE **(Pages 60 to 68)**

In this routine, students will learn how to roll the entire length of the back muscles as I teach them to roll and breathe at each point from the bottom of the tailbone,

across the sacrum, up each side of the spine toward the neck and back of the skull.

5:00 NECK ***(Pages 146 to 156)***

Here we explore the many connections between the front and the back of the neck, chest and upper back in working toward releasing tension & aches.

5:15 Q & A, feedback and course evaluation

Expected outcomes for participants:

- Have an understanding of the theories and principles of Yamuna Body Rolling®
- Experientially learn how to find and work all muscles covered in this course
- Experience the nature of muscle release and the order and logic by which it happens
- Feel comfortable to use and apply course information with patients

Required course materials

Tight fitting clothes, pen & notebook. Water, yoga mats & YBR equipment is provided & available for purchase at the workshop.

Reference materials

- *“The Ultimate Body Rolling Workout”* by Yamuna Zake & Stephanie Golden
- *Yamuna Body Rolling® manuals and guides* by Yamuna Zake
- *“Trail guide to the Body”* by Andrew Beil
- *“Anatomy Trains”* by Thomas W. Myers
- *“The Key Muscles of Hatha Yoga”* by Ray Long
- *“Stretching & Flexibility”* by Kit Laughlin