



A self-care approach to myofascial release

Presented by Micheline Gauthier

Course Description: Participants 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 are shown various Body Rolling® routines that 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, Micheline demonstrates, teaches the routines, supervises and offers modifications.

Outline

1:30

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

1:40

- 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***

1:50 HAMSTRINGS

Stretching and releasing adhesions in the back upper leg muscle group.

2:10 QUADRICEPS

Massaging, separating and stretching the thigh muscles from the hipbone to the knee.

2:30 ABDOMINAL MUSCLES

How to safely roll the ball from the pubic bone to the rib cage to create length and space

2:45 CHEST & UPPER ARM - biceps

Opening up the chest, the shoulder joint where they connect to the arm.

3:10 SIDELINE & UPPER ARM – triceps

Safely roll out tightness and blockages in the leg, the rib cage and in the shoulder joint.

3:30 SPINE

Here we address the entire length of the back muscles from the tailbone, sacrum, up each side of the spine to the neck.

4:00 NECK

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

4:15 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. Yoga mats & YBR equipment are 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