

Zone 1

Activation Points

Try to perform zone 1 activation at least once daily. It is especially useful before physical activity. Belly breathing is still a priority-in through nose and out through mouth.

Hold stick as shown. Place 2 in. down and 2 in. to the side of navel. With steady pressure, pull in and up toward navel. Relax abdominal muscles and coordinate pulling technique with 15-belly breaths. Do both sides.

PSOAS



Use stick as above and rub up and down 15 times over bony ridges on each side of back of head. Then as below use the end of stick and rub up and down jaw line. This area can be very tender so gradually increase pressure. Open jaw wide when done.

GLUTES

