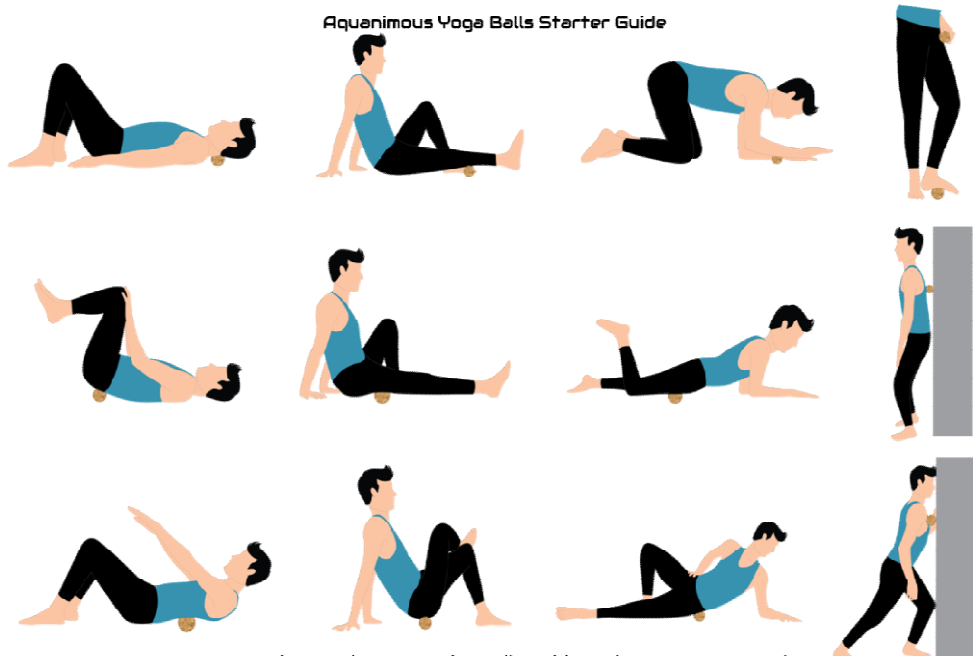



<h3>Physical Benefits</h3> <ol style="list-style-type: none"> 1. Increases hydration, nutrient flow 2. Separate tissue and release adhesions 3. Improved range of movement and flexibility 4. Increased muscle strength 5. Reduced recovery time from exercise 	<h3>Neurological Benefits</h3> <ol style="list-style-type: none"> 1. Relaxes the resting tone of muscle fibers 2. Improved Proprioception and Body Awareness 3. Inhibits experience of chronic pain
<h3>Technique</h3> <p>1. SOFTEN Rolling to soften over a large area or muscle</p> <p>2. SINK Hold for 1-2 minutes and allow the flesh to sink in and around the tool</p> <p>3. SEPERATE Hold and add Functional Movement of nearby joints</p>	<h3>Emotional Benefits</h3> <ol style="list-style-type: none"> 1. Reduces stress hormones 2. Boost “feel good” neurotransmitters (dopamine, serotonin, endorphins and oxytocin) 3. You can do it yourself! Self empowerment and connection <h3>Placement Guide</h3> <p>Aquanimous Yoga Balls Starter Guide</p>  <p>© Aquanimous. Release Everyday. Follow with gentle movement or exercise.</p>
<h3>Remember</h3>	<ul style="list-style-type: none"> ○ Move very very slow, much slower than you think you need to ○ Use the breath to anchor your awareness and actively release ○ Start from gentle pressure and work up to deeper pressur ○ Pain is NOT okay. If holding the breath, squinting the eyes or feel the body contracting, use less pressure, move an inch away from the tender area or go slower
<h3>Tools</h3>	<p>We use this cork massage ball kit in our classes for those interested in home practice:</p>  <p>Aquanimous Set of 3, Available at: https://www.amazon.com/DP/B07TPDK8Y2</p>