Focus on the **BACK SUPERFICIAL LINE**
with *soma system*’s **DOUBLE TRACK ROLLER**

- Position the Double Track Roller at the base of your skull on a folded towel or mat.
- Let your head be heavy and relax your jaw and throat.
- Take five slow breaths.
- Make small chin nods or head turns to massage the suboccipital muscles.

- Slide one or two Double Track Rollers underneath your back so that the balls lie on either side of your spine.
- Massage your back with very small up and down movements.
- Keep your head and neck relaxed as you move, and avoid hyperextending your neck.
- You may work your way down your spine or linger in one area.

- Place a Double Track Roller underneath one thigh, close to the ischial tuberosity.
- Straighten your leg to stretch the hamstring muscles; then nudge the tool a little further down the back of your leg and repeat until you’re within a few inches of the back of the knee.
- Exercise caution if you have sciatica. Stop if you experience shooting pain.

When you release tension along any part of the **Back Superficial Line**, you affect the whole line. It’s all connected! Remember to work slowly and comfortably. Learn more about the world of the Double Track Roller at [www.somasystem.com/doubletrackroller](http://www.somasystem.com/doubletrackroller).
Focus on the LATERAL LINE with soma system®’s DOUBLE TRACK ROLLER

www.somasystem.com    #somasystem    #somathlete    #somassage    #somasana

Outer Hip Release

• Nestle a Double Track Roller against your outer hip and let your knees drop towards it.
• You may also elevate your hips and slide the tool underneath.
• Slowly shift your hips side to side to massage the various outer hip muscles.

Outer Shin Release

• Put a Double Track Roller underneath your outer shin, just below the knee.
• Allow the weight of your top leg to provide pressure.
• Roll slightly up and slightly down to massage the various outer shin muscles.

Side Abdomen Release

• Slide a Double Track Roller underneath the side rim of your pelvis so that the tool is just above the iliac crest.
• Allow the weight of your body to relax onto the tool.
• Slowly roll your hips forward and backward to massage the lateral abdominal muscles.
• Take five slow breaths.

When you release tension along any part of the Lateral Line, you affect the whole line. It’s all connected! Remember to work slowly and comfortably. Learn more about the world of the Double Track Roller at www.somasystem.com/doubletrackroller.

After Anatomy Trains® Thomas Myers 2014