Focus on the **BACK SUPERFICIAL LINE**

with soma system®’s FOAM SUPPORT

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**Upper Back Release**

*with Myofascial Five Pack*

- Rest your hips on the Foam Support.
- Place one of the balls from the Myofascial Five Pack under your upper back, between the inner border of your scapula and your spine.
- Roll slightly up and slightly down to massage tight or tender areas.

**Upper/Mid Back Rolling**

*with Double Track Roller*

- Rest your hips on the Foam Support.
- Place a Double Track Roller under your upper or mid back so that the two ends lie on either side of your spine.
- Roll slightly up and slightly down to massage tight or tender areas.

**Foot Release**

*with Myofascial Five Pack*

- Rest your hips on the Foam Support.
- Slide one of the balls from the Myofascial Five Pack under your foot.
- Roll the ball under your foot, keeping the rest of your body relaxed as you roll.

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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 Foam Support at www.somasystem.com/foamsupport
Focus on the LATERAL LINE with soma system®’s FOAM SUPPORT

- Support your head on the Foam Support.
- Place Big Orange under your shoulder so that it compresses the posterior fibers of your deltoid muscle.
- Take five slow breaths.

**Posterior Deltoid Release**

- Support your upper ribs on the Foam Support and rest your head in your hand.
- Position the Double Track Roller along your outer hip, just below your iliac crest.
- Allow the weight of your body to fully relax onto the Double Track Roller.
- Take five slow breaths.

**Hip Release**

- Support your head on the Foam Support.
- Position the Double Track Roller under your outer shin.
- Allow the weight of your top leg to apply pressure onto the Double Track Roller.
- Take five slow breaths.

**Outer Shin Rolling**

- Support your head on the Foam Support.
- Position the Double Track Roller under your outer shin.
- Allow the weight of your top leg to apply pressure onto the Double Track Roller.
- 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 Foam Support at www.somasystem.com/foamsupport.