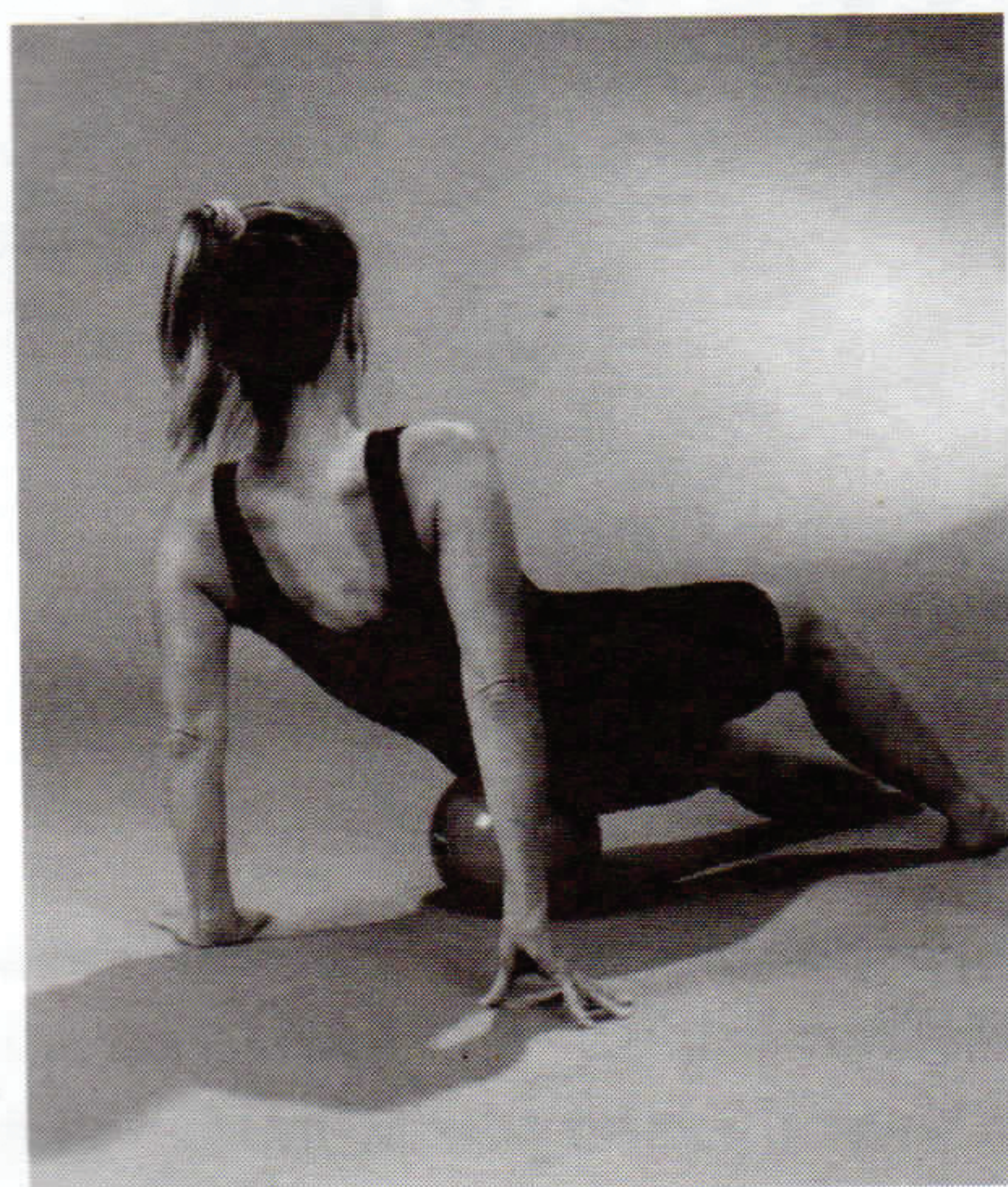




Body Rolling

Create space in your body

By Lori Potter



Sinking into the sacroiliac joint

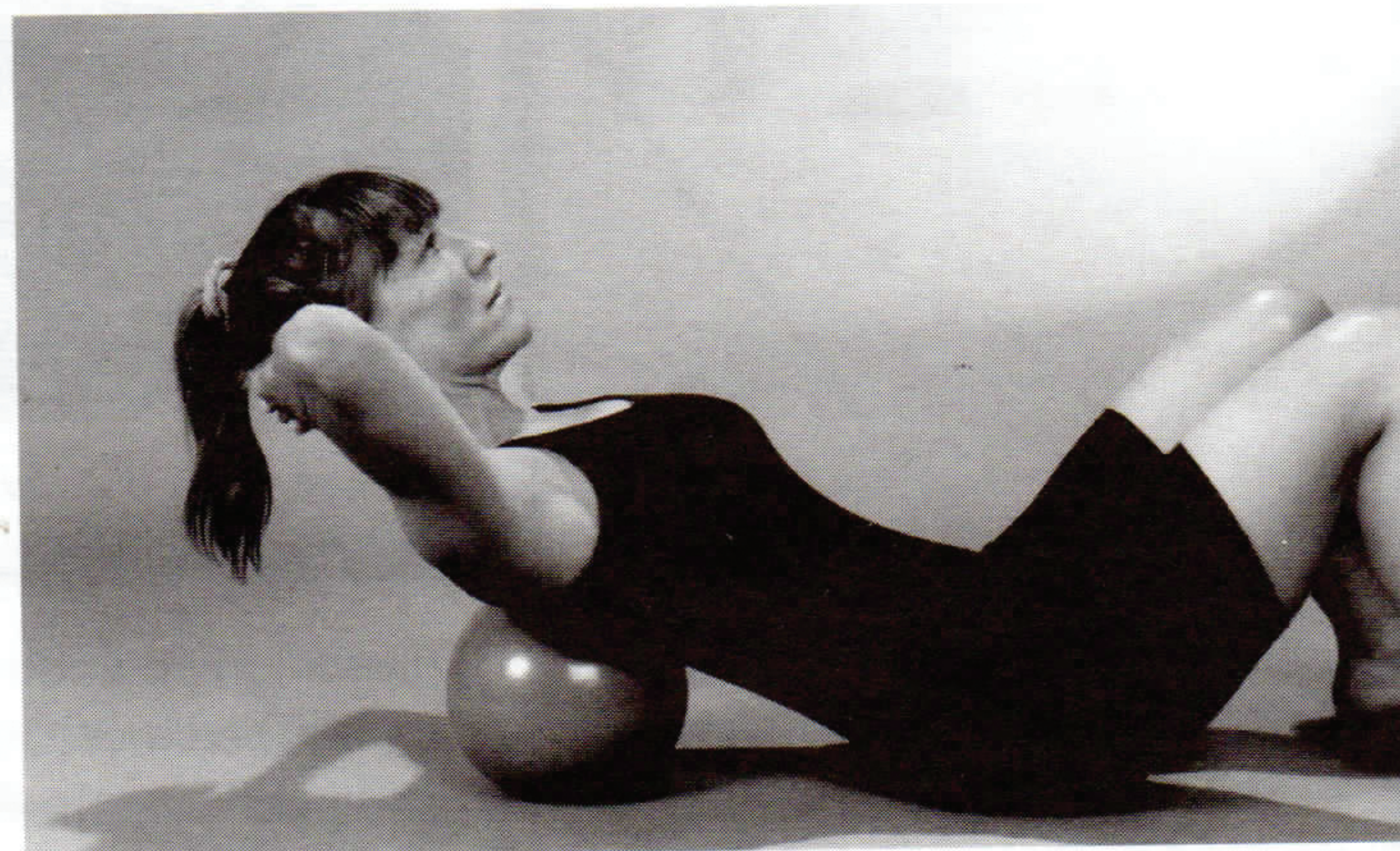
In 1992 I was blessed to meet and begin studying with Yamuna Zake, and her teachings have continued to inspire me in the field of bodywork. Though her ideas of creating space in the body and working with bone were new to me then, now, through my life and from my work with clients, I have come to realize how crucial these concepts truly are.

As my young daughter has grown up I have had more time to refocus on my work, and I find myself once again encouraging people to “get on the ball” and try Body Rolling. This is an off-shoot of Yamuna’s original body work called Body Logic. It is based on yoga – tractioning muscles from where they start and lengthening them. If we create length inside ourselves we have more freedom and strength.

The routines are simple but effective, beginning with rolling up the spine, stopping at each vertebra, breathing and sinking into the ball. That routine also addresses hip, shoulder and neck problems. The front routine creates space in our bellies where there can be tremendous tension. There are also side, leg and arm routines, and all the movements can be kept simple for beginners, or can be very deep.

When I am working with people’s bodies and feel the strain and tension and the resistances they are holding, I am always struck by the importance of continually offering space back to our bodies by rejuvenating bone tissue and

Rolling up and releasing thoracic vertebrae



cleaning muscle lines. The most important reminder I have for my clients is to keep stretching and take their time doing it.

All of us are busy and running in our lives, overusing our bodies, lifting things, sitting at computers too long, etc. On top of that, if there are poor alignment/body patterns, it’s no wonder we ache, get injured, feel contracted. We must put time back in. Body Rolling is something we can do at home for ourselves anytime – a self-care tool. Every minute put in on the ball gets results back in freedom, space in the body. It offers freedom from relying on practitioners. It prevents injuries from freezing into our bodies by allowing us to get on the ball immediately and create space around tendons and ligaments. It also helps after long work-outs, travel and desk hours.

Body rolling is so simple, yet so profound. It is a blend of massage, stretching and strengthening. You are empowered to find more freedom in your body – to have a tool right at home which will let you both get to know your body better and also will help your body function better.

Lori Potter has been a licensed massage therapist since 1987. Her current practice focuses on body logic, body rolling and therapeutic massage. She can be reached at 822-7267.