

TRIBE  YOGA

# embodied massage

with Eva Hamilton

This workshop offers a whole body myofascial release experience to undo stress & restore freedom to the body & mind through guided self-massage with therapy balls. Without stretching, you'll find new space you can explore in your yoga practice.

myo (fascial) ←



muscle

**fascia & connective tissue:** from superficial to deeper layers surrounding joints, muscles & muscle fibers, fascia is sentient tissue that creates stability, but also feelings of constriction

Allow this practice to be a conversation between the mind & body. As a self-care massage, you will be able to customize the pressure & intensity. Listen & respond directly to your body's feedback.

## benefits

- releasing muscular tension & pain
- improving range of motion
- blood & lymph circulation
- embodiment & physical awareness
- relaxation & balancing the nervous system
- releasing the emotional body

## Ready to Roll

**Recreate this practice at home at home with a tennis ball or therapy ball.**

You may wish to roll before practice or in the morning to improve posture/mobility, or before bed to relax & improve sleep. You can roll on the floor or take it to the wall for less pressure. Happy rolling & please remember to hydrate well afterward!

**breath & embodiment** - Start with a few moments of grounding to read over the body & connect to your breath. Notice what areas are asking for care? As you continue, keep a fluid, open breath (try not to hold!).

**feet** - Roll the feet one at a time from standing. Scrub or pump the ball around the arches. Stretch the space between the toes. (Improves overall posture & balance).

**legs** - Rolling the back of the calves & working gently with the hamstrings can transform your downward dog & forward folds. You can also explore shins, quads & adductors (inner hips). Rolling the IT band may alleviate the knee or hips, but please don't focus too much here while ignoring glutes & TFL (outer hip).

**hips** - Give some love to your glutes, centering the balls in your buttock muscles from the foundation of bridge or upward pigeon. Notice how this changes your butterfly pose.

**lower back** - Explore gently above the rim of the pelvis & below the lowest ribs from a low bridge. Don't press directly on the spinal vertebrae. Blocks can help modify.

**upper back** - At the floor or wall, center 2 balls between the shoulder blades on each side of the spine. Bend your knees, tuck/untuck your tail, move, hug & wave your arms.

**shoulders** - Use the wall to draw a circle starting near your pectoral, underlining the collarbone. Travel outward pinning the ball at the outer arm. Lift your arm & roll the outer edge of the scapula along the side ribs. Shift to roll on the shoulder blade or between the shoulder & spine, traveling up towards the neck.

**arms & hands** - At a tabletop or stacked blocks, roll the lower arm & hand (draw sunrays). Push down with the opposite hand for more pressure. (Great if typing lots).

**head & neck** - A larger ball / block can be used at the occipital (where head & neck meets). Lay on your side to lightly roll the side of your neck (near ear), jaw & temple.

**integrate** - After your massage (long or short), take some time to pause & rest to feel into the difference you've created. Notice your breath & state of being.

## about Eva

Eva is a Canadian Yoga Teacher who has taught professionally since the age of seventeen. Her intention in teaching is to create space for healing & craft a supportive & nourishing energy, allowing students to connect deeply with their bodies & inner self. Connect with her at Tribe Yoga in Edinburgh or at [eva.yoga](http://eva.yoga)