



with Great Plains Pilates and Physical Therapy
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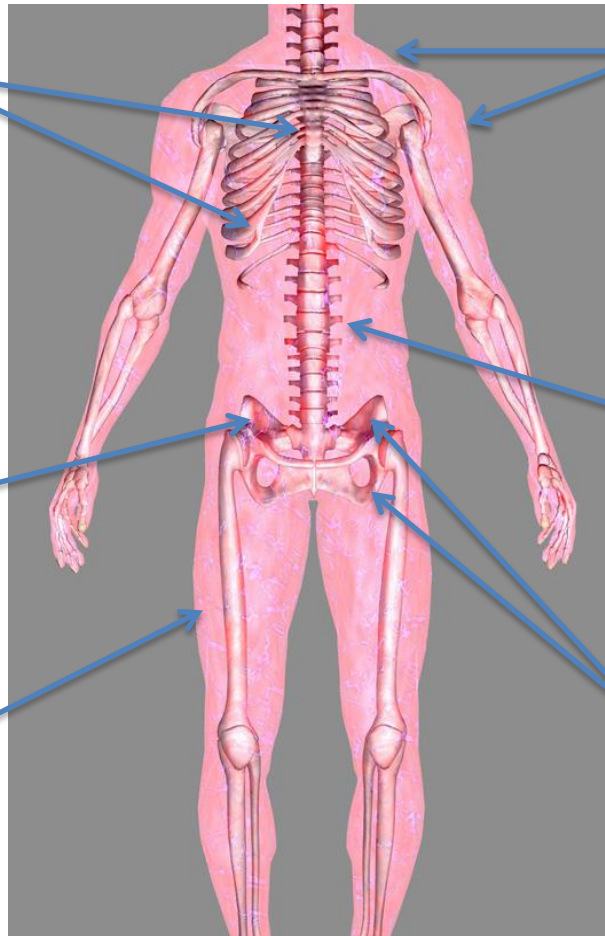
Specializing in CranioSacral, Massage Therapy and
Yoga Classes and Focus Dialogue Technique.
By Appointment Only

How Yamuna Body Rolling™ Heals Your Body Structure

Did you know the ribs and the sternum (breastbone) are one of the first areas to calcify? Proper technique in Yamuna Body Rolling™ helps massage out calcifications, making the bones more flexible. That means they can better absorb impact.

The pelvic area carries our weight, keeps us mobile, and is the intersection of our upper and lower body. Its health is important for balance, flexibility, mobility, and bending.

Body rolling with the Yamuna ball stretches the muscles, fascia, and connecting tissue in all three dimensions so blood and energy flow more freely. The body “opens up.”



Rolling on a Yamuna Ball™ stretches the fascia (include a link to the definition of fascia on the Massage Therapy page), muscle fiber, tendons, and ligaments in the upper body. Exercising, not exercising, sitting at a desk, in front of a screen, and behind the steering wheel tighten muscles. Then we tend to slouch forward.

Rolling helps stretch out the vertebrae, your “backbone. This expands the distance between them to a healthy distance. The Yamuna ball improves our posture and relieves pain.

The pelvis and sitz bones need weight-bearing exercises like the Yamuna ball to keep them strong, supple, and healthy. They hold the abdominal organs in their correct position and keep the hip and leg musculature aligned properly.

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