

Ball of Fire

1. Stand with your feet hip distance apart. Keeping the toes planted on the floor, place the ball at the base of the heel and apply moderate pressure allowing the foot to melt over the ball. Hold for approximately 1 minute.
2. Move the ball to the base of the big toe (first ray/ball of the foot). Keeping the heel on the floor, apply pressure and allow the toes to melt over the ball. Hold for 30 seconds.
3. Repeat step 2 for each toe.
4. Use the ball to roll out the whole foot applying more pressure and time where it is tight.
5. Option: Attempt to pick up the ball with the toes a few times.
6. Stand with both feet on the ground and notice the difference between the feet.
7. Repeat on the other foot.

