



Fascia Rebalancing Standing Protocol

Victor Cassius

Perform this sequence every half hour of sustained standing for optimal results.



1. Stand straight with your feet hip-width apart.
2. Take a big step forward with your right foot, about the length of one of your legs.
3. Turn your left foot about 45 degrees to the left, making sure it's firmly planted on the ground. Your right foot should be pointing straight ahead.
4. Align your right heel with the heel of your left foot.
5. Square your hips and shoulders so they're facing forward, in the same direction as your right foot.
6. Bend your right knee until it is directly over your right ankle. Your right shin should be perpendicular to the ground. Your knee doesn't go past your ankle
7. Your left leg should be straight, and your left foot should be firmly planted on the ground.
10. Hold this position for a few breaths, then step your right foot back to meet your left, and repeat on the other side



1. Stand straight with your feet hip-width apart.
2. Pull your shoulders back while pushing your chest forwards and hold this position for whole stretch.
3. Take a deep breath in, and as you exhale, bend forward from pushing your butt backwards. Aim to bring your belly as close to your thighs as possible.
4. Keep your legs strong and straight, but do not lock your knees. If you have tight hamstrings, it's okay to have a slight bend in your knees.
6. Let your head and neck hang freely. Look towards the floor.
7. Stay in this pose for a few breaths
8. To exit the pose, release your hands and place them on your hips. Keep your back flat as you inhale and slowly rise up to standing

