

Steps to Induction

The tissues will guide you to the options

Induction:

- * Fascial load... drift slightly... listen / follow

Indirect:

- * Fascial load into direction of ease
- * Follow where tissues take you - "induction" - **Listen, follow & encourage listening**

Stacking 3D of ease:

- * Stack one contact at a time until induction occurs

Direct:

- * Create a direct line of tension
- * Stack 3D of tension at each contact
- * Stretch, slide, shear, recoil