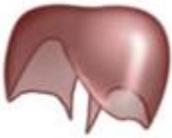


Notice where you are at: Start by checking in with your body. Take a picture or a screen shot.

Safety First! Listen to the Body: Everyone is unique and individual. This is a time to notice, move and care for your body in a way that feels good. If you have previous injuries in any of the areas we address please, please, please stop or adjust to what feels good.

Trigger point Pain: Trigger points are highly sensitive points with in a muscle. Each one has a specific pattern of pain. Reference pictures taken from www.triggerpoint.net

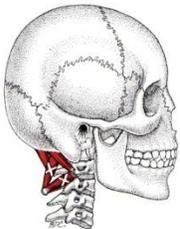
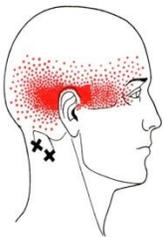
3 Breaths: Everything starts with the breath



The diaphragm is shaped like a parachute

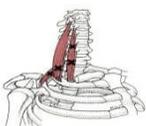
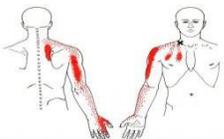
The still point breath: 1. Breathe in, 2. Pause, 3. Breathe out, 4. Pause. Repeat this pattern at any time during the day.

Suboccipital muscles: These are the band around the head headache muscles

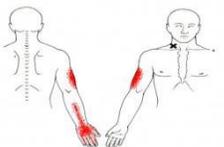


Using your finger pads at the back of your head follow the skull to the base where it meets the neck. Is it tender?

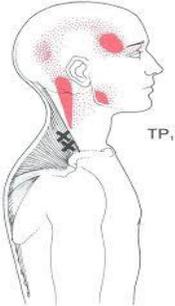
Scalenes: The guy wires of the neck



Fall off the collar bone and begin to gently massage from the sternum out toward the shoulders. You can rub or tap vigorously or gently

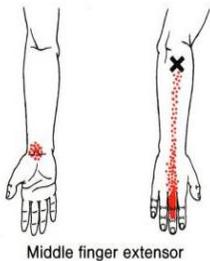


Trapezius: As superficial muscles of the back think of them as a heart shape



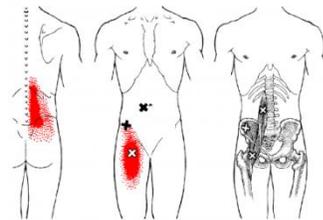
Lift the right trap up towards the ear and squeeze it as you inhale. Let everything relax as you exhale, repeat on the other side. Now try both at the same time. Squeeze and release

Arms and hands: Usually the last to complain. Most of the muscles in the arms cross the elbow.



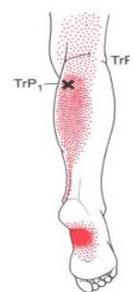
Stretch out the flexors and extensors of arms and hands keeping the elbow straight and bending the wrist.

Healthy Hips: Iliopsoas are vital to our health. They attach to the vertebrae and discs of the back



Standing beside a chair stand with one foot on a text book or block, let gravity work to stretch out the psoas.

Fabulous Feet: The Calf muscles can be the trickster of foot pain



Use a ball to roll out and massage the bottoms of your feet.

Tips and Tricks

Have a drink of water: even a small amount of dehydration can have a huge effect on our mood. Water carries and multiplies electricity and we are mostly electricity. Think of drinking water for your cellular health.

Adjust the Seat: small variations in the length of a muscle will engage and activate new fresh muscles in the sitting game. Think of raise or lowering your chair and screen, moving your keyboard closer or farther for a few minutes, and my favourite ... move forward on your chair or add a towel.

Essential oils can be stimulating and relaxing.

Frankincense- to clear the mind and help with focus

Citrus (wild orange, clementine, lemon), are stimulating and uplifting

Peppermint- To open the lungs

Lavender- At the end of the day to unwind

Imagery: close your eyes and feel a cool breeze blowing from the front of your body out the back. Start at the head and work your way down. Include a cool breeze between the bones of the lower legs.

The Power of Touch: Neurovascular response Points on The head.
Switching the brain track by holding the hand on the forehead; this will bring blood into the forebrain where our motor cortex and movement begin.

Meridian Health: tracing meridians to turn them on.

Motion is lotion: Get up and move around. Have a 5 minute dance party or reset the nervous system with a few cleansing breaths. Feel how the whole body and every cell moves, expands and resets.