

WEBVTT

NOTE duration:"00:28:15.9040000"

NOTE language:en-us

NOTE Confidence: 0.8972932

00:00:00.000 --> 00:00:01.980 OK, Good morning again everybody and

NOTE Confidence: 0.8972932

00:00:01.980 --> 00:00:04.348 thank you for taking the time to join.

NOTE Confidence: 0.8972932

00:00:04.350 --> 00:00:05.870 My name is Michelle Grand.

NOTE Confidence: 0.8972932

00:00:05.870 --> 00:00:07.380 I'm a licensed massage therapist.

NOTE Confidence: 0.8972932

00:00:07.380 --> 00:00:09.654 It smilow cancer hospital and I'm

NOTE Confidence: 0.8972932

00:00:09.654 --> 00:00:11.811 so pleased and honored to have

NOTE Confidence: 0.8972932

00:00:11.811 --> 00:00:13.799 this time with you today to talk

NOTE Confidence: 0.8972932

00:00:13.799 --> 00:00:16.187 a little bit about self massage.

NOTE Confidence: 0.8972932

00:00:16.190 --> 00:00:19.074 Self massage we can do for ourselves

NOTE Confidence: 0.8972932

00:00:19.074 --> 00:00:22.367 at anytime we we use our fingers and

NOTE Confidence: 0.8972932

00:00:22.367 --> 00:00:25.188 we use different kinds of pressure and

NOTE Confidence: 0.8972932

00:00:25.188 --> 00:00:28.636 I want to talk a little bit about the

NOTE Confidence: 0.8972932

00:00:28.636 --> 00:00:31.548 soft tissue that we're going to reach

NOTE Confidence: 0.8972932

00:00:31.548 --> 00:00:34.731 when we press on to our skin to begin

NOTE Confidence: 0.8972932

00:00:34.731 --> 00:00:38.250 a few of the benefits of self massage.

NOTE Confidence: 0.8972932

00:00:38.250 --> 00:00:40.255 It will increase our circulation

NOTE Confidence: 0.8972932

00:00:40.255 --> 00:00:42.260 especially to the nerve endings.

NOTE Confidence: 0.8972932

00:00:42.260 --> 00:00:44.550 It calms the nerves and

NOTE Confidence: 0.8972932

00:00:44.550 --> 00:00:45.924 lubricates the joints.

NOTE Confidence: 0.8972932

00:00:45.930 --> 00:00:48.648 It can increase our mental alertness.

NOTE Confidence: 0.8972932

00:00:48.650 --> 00:00:50.466 It can improve elimination

NOTE Confidence: 0.8972932

00:00:50.466 --> 00:00:52.736 of impurities from the body.

NOTE Confidence: 0.8972932

00:00:52.740 --> 00:00:56.364 It can aid in smoother and softer skin,

NOTE Confidence: 0.8972932

00:00:56.370 --> 00:00:58.640 increased levels of stamina throughout

NOTE Confidence: 0.8972932

00:00:58.640 --> 00:01:01.766 the day, and better sleep through

NOTE Confidence: 0.8972932

00:01:01.766 --> 00:01:04.536 the evening through the night.

NOTE Confidence: 0.8972932

00:01:04.540 --> 00:01:06.718 What we have under our skin.

NOTE Confidence: 0.8972932

00:01:06.720 --> 00:01:07.444 Our basic.

NOTE Confidence: 0.8972932

00:01:07.444 --> 00:01:09.254 There's more than these things,

NOTE Confidence: 0.8972932

00:01:09.260 --> 00:01:11.438 but we're going to just talk  
NOTE Confidence: 0.8972932

00:01:11.438 --> 00:01:12.890 about these three things.  
NOTE Confidence: 0.8972932

00:01:12.890 --> 00:01:13.596 We have.  
NOTE Confidence: 0.8972932

00:01:13.596 --> 00:01:15.361 Trigger points we have connective  
NOTE Confidence: 0.8972932

00:01:15.361 --> 00:01:17.250 tissue and we have fassia,  
NOTE Confidence: 0.8972932

00:01:17.250 --> 00:01:19.314 and those are the three things  
NOTE Confidence: 0.8972932

00:01:19.314 --> 00:01:21.515 that were going to activate when  
NOTE Confidence: 0.8972932

00:01:21.515 --> 00:01:23.777 we do our self massage today.  
NOTE Confidence: 0.8972932

00:01:23.780 --> 00:01:25.815 Trigger points are muscle knots  
NOTE Confidence: 0.8972932

00:01:25.815 --> 00:01:27.850 there often sensitive spots in  
NOTE Confidence: 0.8972932

00:01:27.915 --> 00:01:29.945 our soft tissue and what it is.  
NOTE Confidence: 0.8972932

00:01:29.950 --> 00:01:32.750 It's a small Patch of tightly contracted  
NOTE Confidence: 0.8972932

00:01:32.750 --> 00:01:35.376 muscle and that's as opposed to a  
NOTE Confidence: 0.8972932

00:01:35.376 --> 00:01:37.890 whole muscle spasm like a Charlie Horse.  
NOTE Confidence: 0.8972932

00:01:37.890 --> 00:01:38.628 Generally,  
NOTE Confidence: 0.8972932

00:01:38.628 --> 00:01:41.580 if the muscle fiber.

NOTE Confidence: 0.8972932

00:01:41.580 --> 00:01:43.968 Servers are in a relaxed state,

NOTE Confidence: 0.8972932

00:01:43.970 --> 00:01:44.760 their flat,

NOTE Confidence: 0.8972932

00:01:44.760 --> 00:01:46.735 but when they become contracted

NOTE Confidence: 0.8972932

00:01:46.735 --> 00:01:48.740 in this little mini spots,

NOTE Confidence: 0.8972932

00:01:48.740 --> 00:01:50.650 they feel like little balls

NOTE Confidence: 0.8972932

00:01:50.650 --> 00:01:53.046 of tight muscle and they choke

NOTE Confidence: 0.8972932

00:01:53.046 --> 00:01:55.470 off our blood supply and then

NOTE Confidence: 0.8972932

00:01:55.470 --> 00:01:57.500 that irritates them even more.

NOTE Confidence: 0.8972932

00:01:57.500 --> 00:01:59.888 In addition to the trigger points,

NOTE Confidence: 0.8972932

00:01:59.890 --> 00:02:01.414 we have connected tissue.

NOTE Confidence: 0.8972932

00:02:01.414 --> 00:02:04.270 Connective tissue is fibrous in its density,

NOTE Confidence: 0.8972932

00:02:04.270 --> 00:02:06.260 and connective tissue includes bone,

NOTE Confidence: 0.8972932

00:02:06.260 --> 00:02:07.436 ligaments, tendons,

NOTE Confidence: 0.8972932

00:02:07.436 --> 00:02:09.788 cartilage, and fat tissue.

NOTE Confidence: 0.8972932

00:02:09.790 --> 00:02:10.186 Thirdly,

NOTE Confidence: 0.8972932

00:02:10.186 --> 00:02:13.354 we have fascia and Fasha is a band  
NOTE Confidence: 0.8972932

00:02:13.354 --> 00:02:16.170 or sheet of connective tissue.  
NOTE Confidence: 0.8972932

00:02:16.170 --> 00:02:18.425 It's primarily made of Collagen  
NOTE Confidence: 0.8972932

00:02:18.425 --> 00:02:21.190 in its beneath the skin also,  
NOTE Confidence: 0.8972932

00:02:21.190 --> 00:02:23.014 and it attaches, stabilizes,  
NOTE Confidence: 0.8972932

00:02:23.014 --> 00:02:24.835 encloses, and separates muscles.  
NOTE Confidence: 0.8972932

00:02:24.835 --> 00:02:26.655 An other internal organs.  
NOTE Confidence: 0.8972932

00:02:26.660 --> 00:02:27.584 So again,  
NOTE Confidence: 0.8972932

00:02:27.584 --> 00:02:30.818 as we go through our self massage  
NOTE Confidence: 0.8972932

00:02:30.818 --> 00:02:33.496 from head down to our toes.  
NOTE Confidence: 0.8972932

00:02:33.500 --> 00:02:37.604 When we touch the skin and we're pressing in,  
NOTE Confidence: 0.8972932

00:02:37.610 --> 00:02:40.070 these are the soft tissue.  
NOTE Confidence: 0.8972932

00:02:40.070 --> 00:02:42.926 That we're gonna try to activate  
NOTE Confidence: 0.8972932

00:02:42.926 --> 00:02:45.630 an increase our blood flow to.  
NOTE Confidence: 0.8972932

00:02:45.630 --> 00:02:47.808 The motions were gonna use when  
NOTE Confidence: 0.8972932

00:02:47.808 --> 00:02:50.749 we do self massage are going to

NOTE Confidence: 0.8972932

00:02:50.749 --> 00:02:52.637 be circular circular motions

NOTE Confidence: 0.8972932

00:02:52.637 --> 00:02:54.900 needing needing motions which is

NOTE Confidence: 0.8972932

00:02:54.900 --> 00:02:56.448 also called Petra Saje.

NOTE Confidence: 0.8972932

00:02:56.450 --> 00:02:58.796 Long and broad strokes which is

NOTE Confidence: 0.8972932

00:02:58.796 --> 00:03:01.278 called Effler ajc Ann where needed

NOTE Confidence: 0.8972932

00:03:01.278 --> 00:03:03.798 some deeper deeper pressure will do

NOTE Confidence: 0.8972932

00:03:03.798 --> 00:03:06.401 a little friction maybe around the

NOTE Confidence: 0.8972932

00:03:06.401 --> 00:03:09.345 joints and what we're trying to do.

NOTE Confidence: 0.8972932

00:03:09.345 --> 00:03:12.665 Again is we're going to detox our body.

NOTE Confidence: 0.8972932

00:03:12.670 --> 00:03:14.980 We're going to increase our

NOTE Confidence: 0.8972932

00:03:14.980 --> 00:03:16.828 blood flow and circulation.

NOTE Confidence: 0.8972932

00:03:16.830 --> 00:03:18.440 I'm going to basically just

NOTE Confidence: 0.8972932

00:03:18.440 --> 00:03:19.084 nurture ourselves.

NOTE Confidence: 0.8972932

00:03:19.090 --> 00:03:21.344 We're going to fill ourselves with Logan,

NOTE Confidence: 0.8972932

00:03:21.350 --> 00:03:22.235 love and kindness,

NOTE Confidence: 0.8972932

00:03:22.235 --> 00:03:24.300 and the third thing I just want  
NOTE Confidence: 0.81232345

00:03:24.366 --> 00:03:26.196 to mention is something called.  
NOTE Confidence: 0.81232345

00:03:26.200 --> 00:03:28.790 You may have heard of Mayo, Fashil pain.  
NOTE Confidence: 0.81232345

00:03:28.790 --> 00:03:31.390 Myo means muscle and fascia we know is  
NOTE Confidence: 0.81232345

00:03:31.455 --> 00:03:33.555 the band of connective tissue around  
NOTE Confidence: 0.81232345

00:03:33.555 --> 00:03:35.865 the muscle and the milv ashel pain  
NOTE Confidence: 0.81232345

00:03:35.865 --> 00:03:38.152 is what we feel when we have these  
NOTE Confidence: 0.81232345

00:03:38.152 --> 00:03:40.084 muscle knots pain in trigger points.  
NOTE Confidence: 0.81232345

00:03:40.090 --> 00:03:42.351 So what we want to remember too  
NOTE Confidence: 0.81232345

00:03:42.351 --> 00:03:44.036 when we're done, of course,  
NOTE Confidence: 0.81232345

00:03:44.036 --> 00:03:46.900 is to wash your hands because we're gonna.  
NOTE Confidence: 0.81232345

00:03:46.900 --> 00:03:48.535 We could sometimes start without  
NOTE Confidence: 0.81232345

00:03:48.535 --> 00:03:51.130 feet and woke up, but we're going to  
NOTE Confidence: 0.81232345

00:03:51.130 --> 00:03:53.460 start with our head and work down,  
NOTE Confidence: 0.81232345

00:03:53.460 --> 00:03:54.772 then wash our hands.  
NOTE Confidence: 0.81232345

00:03:54.772 --> 00:03:56.414 Of course, when we're finished,

NOTE Confidence: 0.81232345

00:03:56.414 --> 00:03:59.040 so to begin, we're going to start with.

NOTE Confidence: 0.81232345

00:03:59.040 --> 00:04:00.680 Are ahead at our face.

NOTE Confidence: 0.81232345

00:04:00.680 --> 00:04:02.829 The first thing I'd like you to

NOTE Confidence: 0.81232345

00:04:02.829 --> 00:04:05.876 do as we begin to self massage is

NOTE Confidence: 0.81232345

00:04:05.876 --> 00:04:09.518 place one index finger. On the top.

NOTE Confidence: 0.81232345

00:04:09.520 --> 00:04:12.936 Up either side of the center line

NOTE Confidence: 0.81232345

00:04:12.936 --> 00:04:14.400 of your head.

NOTE Confidence: 0.81232345

00:04:14.400 --> 00:04:16.614 If you prefer to use a couple of fingers,

NOTE Confidence: 0.81232345

00:04:16.620 --> 00:04:17.114 that's fine.

NOTE Confidence: 0.81232345

00:04:17.114 --> 00:04:19.594 You could even use 1, two or three fingers.

NOTE Confidence: 0.81232345

00:04:19.594 --> 00:04:21.838 So what we're going to do on

NOTE Confidence: 0.81232345

00:04:21.838 --> 00:04:23.710 both sides of the center line?

NOTE Confidence: 0.81232345

00:04:23.710 --> 00:04:25.006 So we're going to press in.

NOTE Confidence: 0.8099087

00:04:27.050 --> 00:04:29.090 As we massage, you're going to feel releases,

NOTE Confidence: 0.8099087

00:04:29.090 --> 00:04:31.698 so you're going to want to keep breathing

NOTE Confidence: 0.8099087

00:04:31.698 --> 00:04:33.687 and continue your breakfast we go.

NOTE Confidence: 0.8099087

00:04:33.690 --> 00:04:37.490 And in little circular motions.

NOTE Confidence: 0.8099087

00:04:37.490 --> 00:04:40.160 We're going to press forward.

NOTE Confidence: 0.8099087

00:04:40.160 --> 00:04:43.640 From the back of our head.

NOTE Confidence: 0.8099087

00:04:43.640 --> 00:04:46.568 To the forward of our head.

NOTE Confidence: 0.8099087

00:04:46.570 --> 00:04:48.640 Makes little circles and you'll feel

NOTE Confidence: 0.8099087

00:04:48.640 --> 00:04:51.370 your scout move a little bit as we go.

NOTE Confidence: 0.8576477

00:04:54.700 --> 00:04:57.504 And continue the breath.

NOTE Confidence: 0.8576477

00:04:57.504 --> 00:05:00.308 Very important to release.

NOTE Confidence: 0.8576477

00:05:00.310 --> 00:05:02.914 Now we're going to take one finger.

NOTE Confidence: 0.8576477

00:05:02.920 --> 00:05:05.304 I'm gonna go directly.

NOTE Confidence: 0.8576477

00:05:05.304 --> 00:05:07.688 Down the center line.

NOTE Confidence: 0.90352607

00:05:10.510 --> 00:05:12.700 As we continue to breathe.

NOTE Confidence: 0.8558594

00:05:27.000 --> 00:05:29.135 Now we're going to move about an

NOTE Confidence: 0.8558594

00:05:29.135 --> 00:05:31.472 inch away from the center line and

NOTE Confidence: 0.8558594

00:05:31.472 --> 00:05:33.500 you could take all your fingers.

NOTE Confidence: 0.8558594

00:05:33.500 --> 00:05:35.720 Make like a little claw

NOTE Confidence: 0.8558594

00:05:35.720 --> 00:05:37.496 grip with your thumbs.

NOTE Confidence: 0.8558594

00:05:37.500 --> 00:05:40.335 And we're going to start at the

NOTE Confidence: 0.8558594

00:05:40.335 --> 00:05:43.170 back and just continue forward.

NOTE Confidence: 0.8558594

00:05:43.170 --> 00:05:46.474 Just give a good release press in

NOTE Confidence: 0.8558594

00:05:46.474 --> 00:05:49.780 with pressure to your comfort level.

NOTE Confidence: 0.8558594

00:05:49.780 --> 00:05:52.340 You don't want to be in terrible pain,

NOTE Confidence: 0.8558594

00:05:52.340 --> 00:05:54.708 but you should be able some sensitivity for

NOTE Confidence: 0.8558594

00:05:54.708 --> 00:05:57.459 sure as you hit those little trigger points.

NOTE Confidence: 0.8558594

00:05:57.460 --> 00:06:00.660 When you get to the top of the ear here,

NOTE Confidence: 0.8558594

00:06:00.660 --> 00:06:02.988 you're going to feel probably a

NOTE Confidence: 0.8558594

00:06:02.988 --> 00:06:05.450 little more soreness and sensitivity.

NOTE Confidence: 0.8558594

00:06:05.450 --> 00:06:07.880 Which is fine and good.

NOTE Confidence: 0.8558594

00:06:07.880 --> 00:06:09.980 Come forward towards your temples.

NOTE Confidence: 0.8558594

00:06:09.980 --> 00:06:13.340 The thumb here will give you nice pressure.

NOTE Confidence: 0.87690073

00:06:16.590 --> 00:06:18.670 Make little circles at your  
NOTE Confidence: 0.87690073

00:06:18.670 --> 00:06:20.334 temple with your thumbs.  
NOTE Confidence: 0.85675424

00:06:23.220 --> 00:06:24.740 The other really spill  
NOTE Confidence: 0.85675424

00:06:24.740 --> 00:06:26.640 your shoulders drop a bit.  
NOTE Confidence: 0.8996018

00:06:29.890 --> 00:06:34.535 God. Excellent. Now we're going  
NOTE Confidence: 0.8996018

00:06:34.535 --> 00:06:36.485 to come with the index finger  
NOTE Confidence: 0.8996018

00:06:36.485 --> 00:06:38.579 to the top of your forehead.  
NOTE Confidence: 0.8996018

00:06:38.580 --> 00:06:40.710 And we're gonna press outward.  
NOTE Confidence: 0.817835

00:06:43.580 --> 00:06:47.066 I'm going to move slowly down the  
NOTE Confidence: 0.817835

00:06:47.066 --> 00:06:49.070 forehead, towards the eyebrows.  
NOTE Confidence: 0.9243108

00:06:52.120 --> 00:06:53.828 And continue your breath.  
NOTE Confidence: 0.8276963

00:06:58.220 --> 00:07:02.254 Move downwards. Drop your  
NOTE Confidence: 0.8276963

00:07:02.254 --> 00:07:04.339 shoulders and feel the release.  
NOTE Confidence: 0.8739864

00:07:07.050 --> 00:07:10.634 Excellent, now when we get to the center  
NOTE Confidence: 0.8739864

00:07:10.634 --> 00:07:14.706 you can take your thumb or any finger  
NOTE Confidence: 0.8739864

00:07:14.706 --> 00:07:17.944 rate between the eyebrows and just

NOTE Confidence: 0.8739864  
00:07:17.944 --> 00:07:20.959 make little circles. Build a release.  
NOTE Confidence: 0.745548  
00:07:24.690 --> 00:07:26.440 Excellent glad.  
NOTE Confidence: 0.82957655  
00:07:28.790 --> 00:07:30.540 Go ahead below the eyebrow.  
NOTE Confidence: 0.82957655  
00:07:30.540 --> 00:07:33.046 This is where we get that sinus  
NOTE Confidence: 0.82957655  
00:07:33.046 --> 00:07:35.491 pressure pain so it can go a  
NOTE Confidence: 0.82957655  
00:07:35.491 --> 00:07:37.598 little softer, little more gentle.  
NOTE Confidence: 0.82957655  
00:07:37.598 --> 00:07:40.514 Make little circles with your thumb.  
NOTE Confidence: 0.82957655  
00:07:40.520 --> 00:07:43.178 Stretch it out a little bit.  
NOTE Confidence: 0.86470294  
00:07:46.690 --> 00:07:48.260 Back to the temples were  
NOTE Confidence: 0.86470294  
00:07:48.260 --> 00:07:50.250 going to work our way down.  
NOTE Confidence: 0.8838809  
00:07:52.740 --> 00:07:57.870 Going to go right here below.  
NOTE Confidence: 0.8838809  
00:07:57.870 --> 00:08:00.378 The eye socket right here at  
NOTE Confidence: 0.8838809  
00:08:00.378 --> 00:08:03.130 the top of the cheekbone?  
NOTE Confidence: 0.8838809  
00:08:03.130 --> 00:08:05.248 Go ahead and make little circles  
NOTE Confidence: 0.8838809  
00:08:05.248 --> 00:08:07.650 and move your way around again.  
NOTE Confidence: 0.8838809

00:08:07.650 --> 00:08:09.540 Back up towards the temple.  
NOTE Confidence: 0.8650032

00:08:12.990 --> 00:08:16.758 Good, now we're going to go below the  
NOTE Confidence: 0.8650032

00:08:16.758 --> 00:08:20.155 cheek bone at the base of the nose.  
NOTE Confidence: 0.8650032

00:08:20.160 --> 00:08:21.970 Feel little sensitivity there always.  
NOTE Confidence: 0.8650032

00:08:21.970 --> 00:08:24.130 When we get to the job,  
NOTE Confidence: 0.8650032

00:08:24.130 --> 00:08:27.570 we get that tight job many of us  
NOTE Confidence: 0.8650032

00:08:27.570 --> 00:08:29.688 klundt clincher jaw at night.  
NOTE Confidence: 0.8650032

00:08:29.690 --> 00:08:32.146 Now I'm going to make little circles here.  
NOTE Confidence: 0.8642145

00:08:34.380 --> 00:08:37.158 At the base of the jaw.  
NOTE Confidence: 0.8642145

00:08:37.160 --> 00:08:40.268 Could open your mouth a little bit.  
NOTE Confidence: 0.8642145

00:08:40.270 --> 00:08:42.350 And get more of released.  
NOTE Confidence: 0.8124554

00:08:46.250 --> 00:08:50.840 Could you could press back?  
NOTE Confidence: 0.8124554

00:08:50.840 --> 00:08:53.532 From the chin backwards,  
NOTE Confidence: 0.8124554

00:08:53.532 --> 00:08:56.224 give a good stretch.  
NOTE Confidence: 0.8124554

00:08:56.230 --> 00:08:58.270 Stretching the fassia.  
NOTE Confidence: 0.7945771

00:09:02.160 --> 00:09:06.888 Could go upward a little bit.

NOTE Confidence: 0.7945771

00:09:06.890 --> 00:09:09.575 Good. And now again,

NOTE Confidence: 0.7945771

00:09:09.575 --> 00:09:11.972 wait at the job where the jaw meets

NOTE Confidence: 0.7945771

00:09:11.972 --> 00:09:14.296 the ear could take an index finger.

NOTE Confidence: 0.7945771

00:09:14.300 --> 00:09:16.932 Be tender. There you can go back

NOTE Confidence: 0.7945771

00:09:16.932 --> 00:09:19.178 behind the ear a little bit.

NOTE Confidence: 0.7945771

00:09:19.180 --> 00:09:22.309 Right at the base of the jaw.

NOTE Confidence: 0.7945771

00:09:22.310 --> 00:09:24.230 Make little circles there for

NOTE Confidence: 0.7945771

00:09:24.230 --> 00:09:26.150 release and continue your breath.

NOTE Confidence: 0.9146416

00:09:32.510 --> 00:09:36.826 Good. Good now going to work our

NOTE Confidence: 0.9146416

00:09:36.826 --> 00:09:39.337 way back down towards your neck

NOTE Confidence: 0.9146416

00:09:39.337 --> 00:09:42.123 will take one hand and put your

NOTE Confidence: 0.9146416

00:09:42.123 --> 00:09:44.894 hands behind your head on your neck

NOTE Confidence: 0.9146416

00:09:44.894 --> 00:09:47.238 and just give a little squeeze.

NOTE Confidence: 0.9146416

00:09:47.238 --> 00:09:49.283 Give a little squeeze a

NOTE Confidence: 0.9146416

00:09:49.283 --> 00:09:51.040 little neck rub there.

NOTE Confidence: 0.883657357142857

00:09:54.380 --> 00:09:57.140 Good. Could move up a little  
NOTE Confidence: 0.883657357142857

00:09:57.140 --> 00:09:58.518 bit, charge your hairline.  
NOTE Confidence: 0.8876482

00:10:01.650 --> 00:10:04.317 We could switch switch hands with your  
NOTE Confidence: 0.8876482

00:10:04.317 --> 00:10:06.456 other hand, gave a little squeeze.  
NOTE Confidence: 0.8876482

00:10:06.456 --> 00:10:09.418 Have your next start from the bottom of your  
NOTE Confidence: 0.8876482

00:10:09.418 --> 00:10:12.160 neck and work your way up a little bit.  
NOTE Confidence: 0.85340583

00:10:15.170 --> 00:10:17.816 Now Exhale and let your head drop,  
NOTE Confidence: 0.85340583

00:10:17.820 --> 00:10:20.196 stretching the back of your neck  
NOTE Confidence: 0.85340583

00:10:20.196 --> 00:10:22.577 slowly and you could use one  
NOTE Confidence: 0.85340583

00:10:22.577 --> 00:10:25.090 hand to sort of guide your head  
NOTE Confidence: 0.85340583

00:10:25.090 --> 00:10:27.355 downward so your chin touches your  
NOTE Confidence: 0.85340583

00:10:27.355 --> 00:10:29.570 chest and give a little stretch.  
NOTE Confidence: 0.73170227

00:10:33.490 --> 00:10:36.920 Inhale and lift your head.  
NOTE Confidence: 0.73170227

00:10:36.920 --> 00:10:39.255 And Exhale again as you  
NOTE Confidence: 0.73170227

00:10:39.255 --> 00:10:41.123 stretch your neck down.  
NOTE Confidence: 0.73170227

00:10:41.130 --> 00:10:44.460 Only stretch to a comfortable

NOTE Confidence: 0.73170227

00:10:44.460 --> 00:10:48.869 point for you. In hell up.

NOTE Confidence: 0.73170227

00:10:48.870 --> 00:10:51.845 You can stretch now to one side,

NOTE Confidence: 0.73170227

00:10:51.850 --> 00:10:53.550 downward to the right.

NOTE Confidence: 0.7916695

00:10:56.820 --> 00:11:00.048 An app, switch hands and downward.

NOTE Confidence: 0.7916695

00:11:00.050 --> 00:11:02.834 To the left a little and feel that

NOTE Confidence: 0.7916695

00:11:02.834 --> 00:11:04.928 stretching your shoulders in there.

NOTE Confidence: 0.8474924735

00:11:08.480 --> 00:11:11.348 Excellent. Now we're going to take

NOTE Confidence: 0.8474924735

00:11:11.348 --> 00:11:14.009 her fingertips and we're just going

NOTE Confidence: 0.8474924735

00:11:14.009 --> 00:11:16.665 to go to the back of the head.

NOTE Confidence: 0.8474924735

00:11:16.670 --> 00:11:19.712 The base of the scalp at the occipital Ridge,

NOTE Confidence: 0.8474924735

00:11:19.720 --> 00:11:22.160 here starting at the middle.

NOTE Confidence: 0.8474924735

00:11:22.160 --> 00:11:24.275 You'll feel the very top

NOTE Confidence: 0.8474924735

00:11:24.275 --> 00:11:25.967 of your cervical vertebra,

NOTE Confidence: 0.8474924735

00:11:25.970 --> 00:11:29.386 and we're going to start at the middle

NOTE Confidence: 0.8474924735

00:11:29.386 --> 00:11:32.419 and just release little circles.

NOTE Confidence: 0.8474924735

00:11:32.420 --> 00:11:34.140 Outwards moving Tord your air  
NOTE Confidence: 0.8474924735

00:11:34.140 --> 00:11:36.290 at the base of the head,  
NOTE Confidence: 0.8474924735

00:11:36.290 --> 00:11:38.396 and the top of the neck.  
NOTE Confidence: 0.8817687

00:11:41.200 --> 00:11:45.544 Just move along the base of the hairline.  
NOTE Confidence: 0.8817687

00:11:45.550 --> 00:11:49.156 Pressing and releasing from the center  
NOTE Confidence: 0.8817687

00:11:49.156 --> 00:11:53.640 of your head out towards your ears.  
NOTE Confidence: 0.8817687

00:11:53.640 --> 00:11:55.030 You'll feel little sensitive spots,  
NOTE Confidence: 0.8817687

00:11:55.030 --> 00:11:56.976 probably as you get towards your ears,  
NOTE Confidence: 0.8817687

00:11:56.980 --> 00:11:58.099 and that's good.  
NOTE Confidence: 0.8817687

00:11:58.099 --> 00:12:00.337 You can loosen the pressure a  
NOTE Confidence: 0.8817687

00:12:00.337 --> 00:12:03.875 little bit when you get there. Good.  
NOTE Confidence: 0.8817687

00:12:03.875 --> 00:12:07.680 Good. Could take the base of your.  
NOTE Confidence: 0.8817687

00:12:07.680 --> 00:12:09.985 Your chin here under underneath  
NOTE Confidence: 0.8817687

00:12:09.985 --> 00:12:12.690 and you could stretch that out.  
NOTE Confidence: 0.8817687

00:12:12.690 --> 00:12:14.112 Good for circulation.  
NOTE Confidence: 0.8817687

00:12:14.112 --> 00:12:16.956 We hope it increase the flexibility

NOTE Confidence: 0.8817687

00:12:16.956 --> 00:12:20.129 of our skins that were not so saggy.

NOTE Confidence: 0.8817687

00:12:20.130 --> 00:12:23.130 It certainly can't hurt to try.

NOTE Confidence: 0.8817687

00:12:23.130 --> 00:12:24.835 Just give little releases their

NOTE Confidence: 0.8817687

00:12:24.835 --> 00:12:26.540 gentle if you feel sensitive,

NOTE Confidence: 0.8817687

00:12:26.540 --> 00:12:31.472 just loosen up on the pressure a little bit.

NOTE Confidence: 0.8817687

00:12:31.480 --> 00:12:34.620 Good. Excellent.

NOTE Confidence: 0.8817687

00:12:34.620 --> 00:12:35.130 Very good,

NOTE Confidence: 0.8817687

00:12:35.130 --> 00:12:36.915 take a moment read if you want

NOTE Confidence: 0.8817687

00:12:36.915 --> 00:12:38.824 to grab a glass of water 'cause

NOTE Confidence: 0.8817687

00:12:38.824 --> 00:12:40.880 we're doing a lot of release here.

NOTE Confidence: 0.8817687

00:12:40.880 --> 00:12:42.660 Sometimes you get a little

NOTE Confidence: 0.8817687

00:12:42.660 --> 00:12:44.440 dehydrated thirst you so feel

NOTE Confidence: 0.8817687

00:12:44.510 --> 00:12:46.414 free to take a drink of water.

NOTE Confidence: 0.8817687

00:12:46.420 --> 00:12:49.916 We're going to move now to our soldiers.

NOTE Confidence: 0.8817687

00:12:49.920 --> 00:12:52.096 So what we do is we're going to

NOTE Confidence: 0.8817687

00:12:52.096 --> 00:12:54.341 take our right hands and go over  
NOTE Confidence: 0.8817687

00:12:54.341 --> 00:12:56.425 to our left shoulder and we're  
NOTE Confidence: 0.8817687

00:12:56.425 --> 00:12:58.699 just going to make nice squeezes.  
NOTE Confidence: 0.8817687

00:12:58.700 --> 00:13:00.660 Little squeezes take that muscle.  
NOTE Confidence: 0.8817687

00:13:00.660 --> 00:13:01.830 That's the Trapezia's.  
NOTE Confidence: 0.8817687

00:13:01.830 --> 00:13:03.390 That's a strong muscles.  
NOTE Confidence: 0.8817687

00:13:03.390 --> 00:13:06.460 You can use extra pressure.  
NOTE Confidence: 0.8817687

00:13:06.460 --> 00:13:11.206 And you could pull forward for release.  
NOTE Confidence: 0.8817687

00:13:11.210 --> 00:13:13.112 Could feel the warmth you could  
NOTE Confidence: 0.8817687

00:13:13.112 --> 00:13:14.840 feel the blood flow starting  
NOTE Confidence: 0.8817687

00:13:14.840 --> 00:13:16.810 here who make little circles.  
NOTE Confidence: 0.7676661

00:13:19.890 --> 00:13:24.818 Smooth around and around.  
NOTE Confidence: 0.7676661

00:13:24.820 --> 00:13:26.024 And when you're ready,  
NOTE Confidence: 0.7676661

00:13:26.024 --> 00:13:28.220 we can move to the other side.  
NOTE Confidence: 0.7676661

00:13:28.220 --> 00:13:32.330 Again. Pull forward.  
NOTE Confidence: 0.7676661

00:13:32.330 --> 00:13:34.620 You some good pressure here.

NOTE Confidence: 0.8381812

00:13:37.800 --> 00:13:43.210 Make circles circles. I'm needing

NOTE Confidence: 0.8381812

00:13:43.210 --> 00:13:47.470 that Petra Saje that needing motion.

NOTE Confidence: 0.8381812

00:13:47.470 --> 00:13:50.470 Will aid in increasing blood flow.

NOTE Confidence: 0.8993367

00:13:53.210 --> 00:13:54.371 Excellent, very good.

NOTE Confidence: 0.8993367

00:13:54.371 --> 00:13:57.959 Now what we're going to do is we're going

NOTE Confidence: 0.8993367

00:13:57.959 --> 00:14:00.738 to work our way from the shoulders.

NOTE Confidence: 0.8993367

00:14:00.740 --> 00:14:04.968 Down. Thoards R Wrist.

NOTE Confidence: 0.8993367

00:14:04.970 --> 00:14:08.560 Just make little squeezing kneading.

NOTE Confidence: 0.8993367

00:14:08.560 --> 00:14:12.936 Motions you can go up and down several

NOTE Confidence: 0.8993367

00:14:12.936 --> 00:14:17.686 times and get in there you some pressure.

NOTE Confidence: 0.8993367

00:14:17.690 --> 00:14:19.820 Make a twisting a twisting

NOTE Confidence: 0.8993367

00:14:19.820 --> 00:14:21.098 motion for release.

NOTE Confidence: 0.8993367

00:14:21.100 --> 00:14:24.925 You'll know it feels good as you do it.

NOTE Confidence: 0.8993367

00:14:24.930 --> 00:14:28.866 You'll know what's right for you.

NOTE Confidence: 0.8993367

00:14:28.870 --> 00:14:32.140 Still no pressure wise and motion

NOTE Confidence: 0.8993367

00:14:32.140 --> 00:14:35.940 wise what feels good on that muscle.  
NOTE Confidence: 0.8993367

00:14:35.940 --> 00:14:39.963 Good when we get to the hand just give  
NOTE Confidence: 0.8993367

00:14:39.963 --> 00:14:44.237 it a nice little squeeze on the hand.  
NOTE Confidence: 0.8993367

00:14:44.240 --> 00:14:46.490 Nice crease the fingers together  
NOTE Confidence: 0.8993367

00:14:46.490 --> 00:14:47.840 a little bit.  
NOTE Confidence: 0.8993367

00:14:47.840 --> 00:14:50.514 We use our hands so much and  
NOTE Confidence: 0.8993367

00:14:50.514 --> 00:14:52.110 there's there's muscles here.  
NOTE Confidence: 0.8993367

00:14:52.110 --> 00:14:54.819 There's soft tissue here that gets tight.  
NOTE Confidence: 0.8993367

00:14:54.820 --> 00:14:56.760 We could take each finger  
NOTE Confidence: 0.8993367

00:14:56.760 --> 00:14:58.700 and give a little squeeze.  
NOTE Confidence: 0.8993367

00:14:58.700 --> 00:15:01.416 Anna Little pull at the same time.  
NOTE Confidence: 0.84832466

00:15:04.050 --> 00:15:06.480 Nice release there for the fingers.  
NOTE Confidence: 0.81306773

00:15:09.050 --> 00:15:13.520 OK, good breath in. Move to the other side.  
NOTE Confidence: 0.9035093

00:15:15.620 --> 00:15:18.336 When I go down from the shoulder.  
NOTE Confidence: 0.9035093

00:15:18.340 --> 00:15:21.196 All the way down to the West.  
NOTE Confidence: 0.9035093

00:15:21.200 --> 00:15:25.856 Kind of a again a squeezing motion here.

NOTE Confidence: 0.9035093

00:15:25.860 --> 00:15:27.768 Up and down.

NOTE Confidence: 0.9035093

00:15:27.768 --> 00:15:31.584 Use pressure that's comfortable for you.

NOTE Confidence: 0.9035093

00:15:31.590 --> 00:15:33.966 Not too late, but you don't

NOTE Confidence: 0.9035093

00:15:33.966 --> 00:15:36.060 wanna feel too much pain.

NOTE Confidence: 0.9035093

00:15:36.060 --> 00:15:40.818 Twisting twisting motion.

NOTE Confidence: 0.9035093

00:15:40.820 --> 00:15:41.909 Up and down.

NOTE Confidence: 0.85695404

00:15:44.410 --> 00:15:46.307 Feel you could feel the warmth of

NOTE Confidence: 0.85695404

00:15:46.307 --> 00:15:48.568 your skin may be getting a little red.

NOTE Confidence: 0.85695404

00:15:48.570 --> 00:15:50.135 That's exactly what we want

NOTE Confidence: 0.85695404

00:15:50.135 --> 00:15:52.540 and we get to the hand again.

NOTE Confidence: 0.85695404

00:15:52.540 --> 00:15:55.768 Still nice squeezing motion.

NOTE Confidence: 0.8874966

00:15:59.020 --> 00:16:00.718 Around the fingers.

NOTE Confidence: 0.8433609

00:16:02.890 --> 00:16:04.766 And when we get to each finger,

NOTE Confidence: 0.8433609

00:16:04.770 --> 00:16:06.570 we can give a little little

NOTE Confidence: 0.8433609

00:16:06.570 --> 00:16:08.589 squeeze and a slight little pull.

NOTE Confidence: 0.8433609

00:16:08.590 --> 00:16:10.270 Slight little pull forward,  
NOTE Confidence: 0.8433609

00:16:10.270 --> 00:16:12.790 not too much to cause any  
NOTE Confidence: 0.8433609

00:16:12.870 --> 00:16:15.010 sort of pain or discomfort.  
NOTE Confidence: 0.90489954

00:16:18.750 --> 00:16:21.536 Excellent, go back up one more time.  
NOTE Confidence: 0.83213526

00:16:24.040 --> 00:16:25.950 And down you could even  
NOTE Confidence: 0.83213526

00:16:25.950 --> 00:16:27.860 give your arms a little,  
NOTE Confidence: 0.83213526

00:16:27.860 --> 00:16:29.980 a slight little pull,  
NOTE Confidence: 0.83213526

00:16:29.980 --> 00:16:32.100 a slight little stretch.  
NOTE Confidence: 0.83213526

00:16:32.100 --> 00:16:33.162 Excellent, very good.  
NOTE Confidence: 0.83213526

00:16:33.162 --> 00:16:36.083 We could do a little bit of work  
NOTE Confidence: 0.83213526

00:16:36.083 --> 00:16:38.979 here at the clavicle at the collar bone.  
NOTE Confidence: 0.83213526

00:16:38.980 --> 00:16:41.060 The trapezius comes across the  
NOTE Confidence: 0.83213526

00:16:41.060 --> 00:16:43.609 top of the shoulders and connects  
NOTE Confidence: 0.83213526

00:16:43.609 --> 00:16:45.967 over here so sometimes we could  
NOTE Confidence: 0.83213526

00:16:45.967 --> 00:16:48.510 be a little aggravation here.  
NOTE Confidence: 0.83213526

00:16:48.510 --> 00:16:49.854 Doing little gentle circle

NOTE Confidence: 0.83213526

00:16:49.854 --> 00:16:52.251 motions here can all such as help

NOTE Confidence: 0.83213526

00:16:52.251 --> 00:16:54.135 open up the breath alittle bit.

NOTE Confidence: 0.8405228

00:16:57.740 --> 00:16:59.756 As we work, we always keep

NOTE Confidence: 0.8405228

00:16:59.756 --> 00:17:01.460 in mind the Shockers too.

NOTE Confidence: 0.8405228

00:17:01.460 --> 00:17:03.150 We started with the Crown,

NOTE Confidence: 0.8405228

00:17:03.150 --> 00:17:05.845 we went to the third eye and

NOTE Confidence: 0.8405228

00:17:05.845 --> 00:17:07.670 here's our throat chakra.

NOTE Confidence: 0.8405228

00:17:07.670 --> 00:17:09.784 So as we massage the soft tissue,

NOTE Confidence: 0.8405228

00:17:09.790 --> 00:17:11.305 we're also opening up the

NOTE Confidence: 0.8405228

00:17:11.305 --> 00:17:12.517 energy channels as well.

NOTE Confidence: 0.90623844

00:17:16.100 --> 00:17:18.032 And then moving down to the

NOTE Confidence: 0.90623844

00:17:18.032 --> 00:17:20.810 heart area, the heart center.

NOTE Confidence: 0.90623844

00:17:20.810 --> 00:17:23.878 Very gentle. Little circles.

NOTE Confidence: 0.90623844

00:17:23.878 --> 00:17:27.998 The pet muscles are here.

NOTE Confidence: 0.90623844

00:17:28.000 --> 00:17:29.465 We give those a little

NOTE Confidence: 0.90623844

00:17:29.465 --> 00:17:30.930 stretch and release as well.  
NOTE Confidence: 0.86737823

00:17:33.430 --> 00:17:36.020 Excellent, now working in the back again.  
NOTE Confidence: 0.86737823

00:17:36.020 --> 00:17:38.708 We just do on ourselves when we  
NOTE Confidence: 0.86737823

00:17:38.708 --> 00:17:41.254 do self massage we just do the  
NOTE Confidence: 0.86737823

00:17:41.254 --> 00:17:43.790 best that we can with our hands.  
NOTE Confidence: 0.86737823

00:17:43.790 --> 00:17:47.080 We can of course use a foam roller and roll  
NOTE Confidence: 0.86737823

00:17:47.165 --> 00:17:50.077 on that which is an excellent release.  
NOTE Confidence: 0.86737823

00:17:50.080 --> 00:17:52.656 You can use a tennis ball down at  
NOTE Confidence: 0.86737823

00:17:52.656 --> 00:17:55.452 the base of your lumbar spine for  
NOTE Confidence: 0.86737823

00:17:55.452 --> 00:17:58.220 release there in the buttocks as well,  
NOTE Confidence: 0.86737823

00:17:58.220 --> 00:18:01.195 but for self massage we're just going  
NOTE Confidence: 0.86737823

00:18:01.195 --> 00:18:04.467 to reach back and do the best we can.  
NOTE Confidence: 0.86737823

00:18:04.470 --> 00:18:06.998 Each, whatever it is that you can reach.  
NOTE Confidence: 0.86737823

00:18:07.000 --> 00:18:09.296 OK, so we're going to start down here  
NOTE Confidence: 0.86737823

00:18:09.296 --> 00:18:12.070 at the lumbar spine, not on the bone,  
NOTE Confidence: 0.86737823

00:18:12.070 --> 00:18:14.510 but to the left and the right

NOTE Confidence: 0.86737823

00:18:14.510 --> 00:18:15.830 of the vertebra.

NOTE Confidence: 0.86737823

00:18:15.830 --> 00:18:18.170 You'll feel like a softness there,

NOTE Confidence: 0.86737823

00:18:18.170 --> 00:18:21.446 and we're just going to take our

NOTE Confidence: 0.86737823

00:18:21.446 --> 00:18:25.291 thumbs as best as we can and just

NOTE Confidence: 0.86737823

00:18:25.291 --> 00:18:28.030 make little circles going on up.

NOTE Confidence: 0.86737823

00:18:28.030 --> 00:18:29.413 From the lumber.

NOTE Confidence: 0.86737823

00:18:29.413 --> 00:18:31.257 As tight muscles there,

NOTE Confidence: 0.86737823

00:18:31.260 --> 00:18:34.559 so you can kind of get in as best as you can.

NOTE Confidence: 0.86737823

00:18:34.560 --> 00:18:36.950 Then we hit the thoracic.

NOTE Confidence: 0.86737823

00:18:36.950 --> 00:18:39.506 The thoracic vertebra and those muscles,

NOTE Confidence: 0.86737823

00:18:39.510 --> 00:18:43.297 as best we can make little circles.

NOTE Confidence: 0.86737823

00:18:43.300 --> 00:18:46.324 As best we can and then with a cervical,

NOTE Confidence: 0.86737823

00:18:46.330 --> 00:18:49.120 just read from the top.

NOTE Confidence: 0.86737823

00:18:49.120 --> 00:18:51.870 Read from the top down.

NOTE Confidence: 0.86737823

00:18:51.870 --> 00:18:55.750 Over your shoulders and damn.

NOTE Confidence: 0.86737823

00:18:55.750 --> 00:18:58.190 And down the back as best you can.  
NOTE Confidence: 0.86737823

00:18:58.190 --> 00:19:01.374 You could start at the top of the  
NOTE Confidence: 0.86737823

00:19:01.374 --> 00:19:04.547 neck and just work your way down.  
NOTE Confidence: 0.86737823

00:19:04.550 --> 00:19:06.242 Around the cervical vertebra  
NOTE Confidence: 0.86737823

00:19:06.242 --> 00:19:08.357 in the soft tissue area.  
NOTE Confidence: 0.86737823

00:19:08.360 --> 00:19:10.470 Not directly on the bone,  
NOTE Confidence: 0.86737823

00:19:10.470 --> 00:19:12.590 but in the soft tissue.  
NOTE Confidence: 0.836164

00:19:16.090 --> 00:19:19.306 Good on your own as you  
NOTE Confidence: 0.836164

00:19:19.306 --> 00:19:20.914 continue self massage.  
NOTE Confidence: 0.836164

00:19:20.920 --> 00:19:23.530 You just do the best you can with that.  
NOTE Confidence: 0.836164

00:19:23.530 --> 00:19:25.562 Ann is something you can do just when  
NOTE Confidence: 0.836164

00:19:25.562 --> 00:19:27.627 you feel stressed in tight and when  
NOTE Confidence: 0.836164

00:19:27.627 --> 00:19:29.620 you just need some muscular release,  
NOTE Confidence: 0.836164

00:19:29.620 --> 00:19:31.300 you could focus on the parts  
NOTE Confidence: 0.836164

00:19:31.300 --> 00:19:33.099 of your body that need more.  
NOTE Confidence: 0.836164

00:19:33.100 --> 00:19:35.420 Or you could do what we're doing today.

NOTE Confidence: 0.836164

00:19:35.420 --> 00:19:38.720 Kind of an all over massage.

NOTE Confidence: 0.836164

00:19:38.720 --> 00:19:41.792 Now we're going to move down to the

NOTE Confidence: 0.836164

00:19:41.792 --> 00:19:44.656 legs and the feel little bit so.

NOTE Confidence: 0.836164

00:19:44.660 --> 00:19:46.238 Moving to the best I can,

NOTE Confidence: 0.836164

00:19:46.240 --> 00:19:48.096 you can take all your right leg and

NOTE Confidence: 0.836164

00:19:48.096 --> 00:19:50.395 put it over your knee if you like or

NOTE Confidence: 0.836164

00:19:50.395 --> 00:19:52.319 just whatever is comfortable for you,

NOTE Confidence: 0.836164

00:19:52.320 --> 00:19:54.203 but for the purpose of my showing

NOTE Confidence: 0.836164

00:19:54.203 --> 00:19:55.750 you what we're going to do,

NOTE Confidence: 0.836164

00:19:55.750 --> 00:19:57.988 I'm just going to bring the

NOTE Confidence: 0.836164

00:19:57.988 --> 00:20:00.189 camera down a little bit and.

NOTE Confidence: 0.836164

00:20:00.190 --> 00:20:00.890 We go.

NOTE Confidence: 0.836164

00:20:00.890 --> 00:20:03.340 So what we're gonna do is just

NOTE Confidence: 0.836164

00:20:03.340 --> 00:20:05.428 defined muscles were just going

NOTE Confidence: 0.836164

00:20:05.428 --> 00:20:08.430 to make again that Petra Saje that

NOTE Confidence: 0.836164

00:20:08.430 --> 00:20:10.650 needing motion around the thighs  
NOTE Confidence: 0.836164

00:20:10.650 --> 00:20:14.058 starting at the top of the hip bone  
NOTE Confidence: 0.836164

00:20:14.058 --> 00:20:16.093 here and just needing downwards.  
NOTE Confidence: 0.836164

00:20:16.100 --> 00:20:18.542 I'm going to bring this forward  
NOTE Confidence: 0.836164

00:20:18.542 --> 00:20:22.070 to to get a little better view.  
NOTE Confidence: 0.836164

00:20:22.070 --> 00:20:24.625 And when you get to the knees  
NOTE Confidence: 0.836164

00:20:24.625 --> 00:20:25.720 around any joint,  
NOTE Confidence: 0.836164

00:20:25.720 --> 00:20:27.778 we can do a little friction  
NOTE Confidence: 0.836164

00:20:27.778 --> 00:20:30.385 which is taking the tips of your  
NOTE Confidence: 0.836164

00:20:30.385 --> 00:20:31.929 fingers around the bone.  
NOTE Confidence: 0.836164

00:20:31.930 --> 00:20:34.618 You'll feel the Bony area and just  
NOTE Confidence: 0.836164

00:20:34.618 --> 00:20:36.509 make little circles follow the  
NOTE Confidence: 0.836164

00:20:36.509 --> 00:20:38.847 bone around at the joint and this  
NOTE Confidence: 0.836164

00:20:38.847 --> 00:20:41.064 is what helps lubricate the joint  
NOTE Confidence: 0.836164

00:20:41.064 --> 00:20:43.245 and it could help to alleviate  
NOTE Confidence: 0.836164

00:20:43.245 --> 00:20:45.800 some pain that you may have there,

NOTE Confidence: 0.836164

00:20:45.800 --> 00:20:48.716 and you could feel little tender

NOTE Confidence: 0.836164

00:20:48.716 --> 00:20:50.660 spots here and there.

NOTE Confidence: 0.836164

00:20:50.660 --> 00:20:55.316 And that can help to just release those.

NOTE Confidence: 0.836164

00:20:55.320 --> 00:20:56.308 Those spots,

NOTE Confidence: 0.836164

00:20:56.308 --> 00:20:59.272 sometimes we get like tight shins

NOTE Confidence: 0.836164

00:20:59.272 --> 00:21:02.510 along the frontier would lift up my

NOTE Confidence: 0.836164

00:21:02.510 --> 00:21:05.909 pants to show you along the frontier.

NOTE Confidence: 0.836164

00:21:05.910 --> 00:21:08.885 Just you'll feel there's a lot of.

NOTE Confidence: 0.836164

00:21:08.890 --> 00:21:09.786 Muscle, muscle,

NOTE Confidence: 0.836164

00:21:09.786 --> 00:21:12.026 soft tissue here that gets

NOTE Confidence: 0.836164

00:21:12.026 --> 00:21:14.000 very tight and tender.

NOTE Confidence: 0.836164

00:21:14.000 --> 00:21:17.563 Just press in and around again to

NOTE Confidence: 0.836164

00:21:17.563 --> 00:21:20.727 your comfort level and just move

NOTE Confidence: 0.836164

00:21:20.727 --> 00:21:23.793 your way down towards your ankle.

NOTE Confidence: 0.836164

00:21:23.800 --> 00:21:25.890 You do that several times,

NOTE Confidence: 0.836164

00:21:25.890 --> 00:21:28.990 moving outward a little bit.  
NOTE Confidence: 0.836164

00:21:28.990 --> 00:21:32.020 Just rub it in and around.  
NOTE Confidence: 0.836164

00:21:32.020 --> 00:21:34.180 In and around.  
NOTE Confidence: 0.836164

00:21:34.180 --> 00:21:37.060 Down to the ankle.  
NOTE Confidence: 0.836164

00:21:37.060 --> 00:21:40.315 You could take your ankle and just  
NOTE Confidence: 0.836164

00:21:40.315 --> 00:21:42.400 make gentle circles around.  
NOTE Confidence: 0.836164

00:21:42.400 --> 00:21:45.070 And in the opposite direction around.  
NOTE Confidence: 0.81314135

00:21:47.220 --> 00:21:48.990 Then I didn't give a little  
NOTE Confidence: 0.81314135

00:21:48.990 --> 00:21:51.140 shake to give a little shake.  
NOTE Confidence: 0.81314135

00:21:51.140 --> 00:21:53.198 Now at the bottom of your foot  
NOTE Confidence: 0.81314135

00:21:53.198 --> 00:21:55.070 this is the Planter area.  
NOTE Confidence: 0.81314135

00:21:55.070 --> 00:21:57.359 We could some people get plantar fasciitis.  
NOTE Confidence: 0.81314135

00:21:57.360 --> 00:21:59.992 It's when the connected tissue gets all  
NOTE Confidence: 0.81314135

00:21:59.992 --> 00:22:02.759 gummed up and it just needs to move  
NOTE Confidence: 0.81314135

00:22:02.759 --> 00:22:05.506 so the motion we wanna use is from the  
NOTE Confidence: 0.81314135

00:22:05.506 --> 00:22:08.286 heel to up tored the to and it's a

NOTE Confidence: 0.81314135

00:22:08.286 --> 00:22:11.570 long broad stroke but it's a deep stroke.

NOTE Confidence: 0.81314135

00:22:11.570 --> 00:22:13.320 Is particularly at the art.

NOTE Confidence: 0.81314135

00:22:13.320 --> 00:22:15.420 You could feel some sensitivity there,

NOTE Confidence: 0.81314135

00:22:15.420 --> 00:22:19.260 but you want to press in an up.

NOTE Confidence: 0.81314135

00:22:19.260 --> 00:22:22.460 Express in an up.

NOTE Confidence: 0.81314135

00:22:22.460 --> 00:22:24.338 And just take your time and

NOTE Confidence: 0.81314135

00:22:24.338 --> 00:22:25.590 just work your way.

NOTE Confidence: 0.81314135

00:22:25.590 --> 00:22:28.105 Just work your way around

NOTE Confidence: 0.81314135

00:22:28.105 --> 00:22:30.620 the bottom of the foot.

NOTE Confidence: 0.81314135

00:22:30.620 --> 00:22:33.756 When you get up here towards the toes.

NOTE Confidence: 0.81314135

00:22:33.760 --> 00:22:35.960 You can make little circles.

NOTE Confidence: 0.81314135

00:22:35.960 --> 00:22:39.397 Little circles on the bottom for release.

NOTE Confidence: 0.81314135

00:22:39.400 --> 00:22:44.746 And move your way up towards towards the toe.

NOTE Confidence: 0.81314135

00:22:44.750 --> 00:22:47.053 And you can give a little again

NOTE Confidence: 0.81314135

00:22:47.053 --> 00:22:49.270 like we did in the fingers,

NOTE Confidence: 0.81314135

00:22:49.270 --> 00:22:52.014 a little squeeze and a pull on each  
NOTE Confidence: 0.81314135

00:22:52.014 --> 00:22:54.838 to gentle not to cause too much pain.  
NOTE Confidence: 0.81314135

00:22:54.840 --> 00:22:56.580 You might even feel popping  
NOTE Confidence: 0.81314135

00:22:56.580 --> 00:22:58.320 a little crack in there,  
NOTE Confidence: 0.81314135

00:22:58.320 --> 00:22:59.301 which is good.  
NOTE Confidence: 0.81314135

00:22:59.301 --> 00:23:01.263 And then again on the frontier  
NOTE Confidence: 0.81314135

00:23:01.263 --> 00:23:02.150 there's tendons.  
NOTE Confidence: 0.81314135

00:23:02.150 --> 00:23:04.586 We want to start from the to  
NOTE Confidence: 0.81314135

00:23:04.586 --> 00:23:05.630 and work upwards,  
NOTE Confidence: 0.81314135

00:23:05.630 --> 00:23:07.718 but sometimes those tendons get aggravated.  
NOTE Confidence: 0.81314135

00:23:07.720 --> 00:23:10.149 Maybe we wear the wrong shoes or.  
NOTE Confidence: 0.89329195

00:23:12.910 --> 00:23:15.066 Too much, too much walking at exercise.  
NOTE Confidence: 0.89329195

00:23:15.070 --> 00:23:17.835 Sometimes we just want to release that.  
NOTE Confidence: 0.89329195

00:23:17.840 --> 00:23:21.686 From the to. Especially that picture.  
NOTE Confidence: 0.89329195

00:23:21.690 --> 00:23:23.784 Upwards and you can even go  
NOTE Confidence: 0.89329195

00:23:23.784 --> 00:23:26.270 all the way up to the knee.

NOTE Confidence: 0.89329195

00:23:26.270 --> 00:23:28.730 You can go from the tow

NOTE Confidence: 0.89329195

00:23:28.730 --> 00:23:31.459 up to the knee each one.

NOTE Confidence: 0.89329195

00:23:31.460 --> 00:23:34.556 'cause those tendons connect the muscles.

NOTE Confidence: 0.848366879

00:23:36.620 --> 00:23:38.468 To the bone.

NOTE Confidence: 0.848366879

00:23:38.468 --> 00:23:42.780 The ligaments connect bone to the bone.

NOTE Confidence: 0.848366879

00:23:42.780 --> 00:23:45.024 Give a nice release, excellent and

NOTE Confidence: 0.848366879

00:23:45.024 --> 00:23:47.598 we always want to do both sides,

NOTE Confidence: 0.848366879

00:23:47.600 --> 00:23:51.728 so start up again here at the hip.

NOTE Confidence: 0.848366879

00:23:51.730 --> 00:23:55.797 This little circles here release the hip.

NOTE Confidence: 0.848366879

00:23:55.800 --> 00:23:59.028 All the way around.

NOTE Confidence: 0.848366879

00:23:59.030 --> 00:24:01.970 And just work your way down.

NOTE Confidence: 0.848366879

00:24:01.970 --> 00:24:04.600 Well squeezes.

NOTE Confidence: 0.848366879

00:24:04.600 --> 00:24:09.676 The quads will get to Arnie.

NOTE Confidence: 0.848366879

00:24:09.680 --> 00:24:11.582 Could make little circles or around

NOTE Confidence: 0.848366879

00:24:11.582 --> 00:24:13.469 the knee again around the joint.

NOTE Confidence: 0.848366879

00:24:13.470 --> 00:24:16.235 Any joint we can do the friction?  
NOTE Confidence: 0.848366879

00:24:16.240 --> 00:24:20.030 Little circles like this around.  
NOTE Confidence: 0.848366879

00:24:20.030 --> 00:24:21.906 That's a good release.  
NOTE Confidence: 0.848366879

00:24:21.906 --> 00:24:25.375 Could do that around our elbows around  
NOTE Confidence: 0.848366879

00:24:25.375 --> 00:24:28.200 our shoulders around her wrists.  
NOTE Confidence: 0.848366879

00:24:28.200 --> 00:24:28.887 And then again,  
NOTE Confidence: 0.848366879

00:24:28.887 --> 00:24:30.490 we're going to work our way down.  
NOTE Confidence: 0.8122159

00:24:32.680 --> 00:24:35.596 Let's give it a good a good pull there  
NOTE Confidence: 0.8122159

00:24:35.596 --> 00:24:38.650 a good pull, Anna Good a good Robbie's  
NOTE Confidence: 0.8122159

00:24:38.650 --> 00:24:40.871 muscles are firm and their strong  
NOTE Confidence: 0.8122159

00:24:40.871 --> 00:24:43.375 so we don't have to be to tender.  
NOTE Confidence: 0.8122159

00:24:43.380 --> 00:24:47.308 And two gentlemen want to do some friction.  
NOTE Confidence: 0.8122159

00:24:47.310 --> 00:24:49.020 And then just work your  
NOTE Confidence: 0.8122159

00:24:49.020 --> 00:24:50.730 way down towards the ankle.  
NOTE Confidence: 0.8122159

00:24:50.730 --> 00:24:53.775 If you want to use the palm.  
NOTE Confidence: 0.8122159

00:24:53.780 --> 00:24:55.448 Of your hand, we can use.

NOTE Confidence: 0.8122159  
00:24:55.450 --> 00:24:57.706 We can do that as well.  
NOTE Confidence: 0.8122159  
00:24:57.710 --> 00:24:59.440 And work your way down.  
NOTE Confidence: 0.8122159  
00:24:59.440 --> 00:25:01.246 In broader strokes.  
NOTE Confidence: 0.8122159  
00:25:01.246 --> 00:25:03.654 Press in and down.  
NOTE Confidence: 0.8122159  
00:25:03.660 --> 00:25:05.190 Discontinue the breath.  
NOTE Confidence: 0.6073902  
00:25:08.640 --> 00:25:13.330 Down the front shit good.  
NOTE Confidence: 0.6073902  
00:25:13.330 --> 00:25:16.582 To the ankle and again could  
NOTE Confidence: 0.6073902  
00:25:16.582 --> 00:25:18.750 make little circles around.  
NOTE Confidence: 0.6073902  
00:25:18.750 --> 00:25:21.048 Slow circles in the other way.  
NOTE Confidence: 0.8677282  
00:25:23.070 --> 00:25:24.690 Excellent and then again  
NOTE Confidence: 0.8677282  
00:25:24.690 --> 00:25:26.715 the bottom of the foot,  
NOTE Confidence: 0.8677282  
00:25:26.720 --> 00:25:28.344 particularly at the Arch.  
NOTE Confidence: 0.8677282  
00:25:28.344 --> 00:25:31.260 You want to start at the heel  
NOTE Confidence: 0.8677282  
00:25:31.260 --> 00:25:33.624 and move up towards the toes.  
NOTE Confidence: 0.8576217  
00:25:39.080 --> 00:25:40.920 Excellent, let's keep that going.  
NOTE Confidence: 0.8576217

00:25:40.920 --> 00:25:43.692 You could use a moderate amount of  
NOTE Confidence: 0.8576217

00:25:43.692 --> 00:25:46.438 pressure all the way up to the toes.  
NOTE Confidence: 0.8576217

00:25:46.440 --> 00:25:49.260 Don't stop short 'cause we want  
NOTE Confidence: 0.8576217

00:25:49.260 --> 00:25:51.840 to activate the entire muscle.  
NOTE Confidence: 0.8576217

00:25:51.840 --> 00:25:53.946 Sometimes we feel trigger point pain,  
NOTE Confidence: 0.8576217

00:25:53.950 --> 00:25:56.056 but it's not the location of  
NOTE Confidence: 0.8576217

00:25:56.056 --> 00:25:57.460 the trigger point itself.  
NOTE Confidence: 0.8576217

00:25:57.460 --> 00:25:59.380 Sometimes there's riford pain,  
NOTE Confidence: 0.8576217

00:25:59.380 --> 00:26:02.260 which is why it's always important  
NOTE Confidence: 0.8576217

00:26:02.338 --> 00:26:04.662 to try to work the entire muscle  
NOTE Confidence: 0.8576217

00:26:04.662 --> 00:26:07.290 and not just that one little spot.  
NOTE Confidence: 0.8576217

00:26:07.290 --> 00:26:09.225 Up towards the toes again  
NOTE Confidence: 0.8576217

00:26:09.225 --> 00:26:11.160 when you get to the.  
NOTE Confidence: 0.8576217

00:26:11.160 --> 00:26:14.710 To the top of the foot here by the toes.  
NOTE Confidence: 0.8576217

00:26:14.710 --> 00:26:15.800 Give present.  
NOTE Confidence: 0.8576217

00:26:15.800 --> 00:26:17.980 Give good pressure here.

NOTE Confidence: 0.8576217

00:26:17.980 --> 00:26:20.410 Below the chose gets very

NOTE Confidence: 0.8576217

00:26:20.410 --> 00:26:21.868 tight there sometimes.

NOTE Confidence: 0.8593613

00:26:24.030 --> 00:26:26.718 And then again squeeze and pull

NOTE Confidence: 0.8593613

00:26:26.718 --> 00:26:30.040 on the toes for a nice release.

NOTE Confidence: 0.8403801

00:26:32.340 --> 00:26:35.160 And once again, let's get those

NOTE Confidence: 0.8403801

00:26:35.160 --> 00:26:38.382 tendons going here from the to upward

NOTE Confidence: 0.8403801

00:26:38.382 --> 00:26:40.890 from the to towards the ankle,

NOTE Confidence: 0.8403801

00:26:40.890 --> 00:26:43.590 every to has its own tendon.

NOTE Confidence: 0.8403801

00:26:43.590 --> 00:26:45.840 That's what you see here.

NOTE Confidence: 0.8403801

00:26:45.840 --> 00:26:48.848 Give that a good.

NOTE Confidence: 0.8403801

00:26:48.850 --> 00:26:53.338 Press pull and stretch.

NOTE Confidence: 0.8403801

00:26:53.340 --> 00:26:55.252 And then you can consider you could do

NOTE Confidence: 0.8403801

00:26:55.252 --> 00:26:57.098 that again all the way up to the knee,

NOTE Confidence: 0.8403801

00:26:57.100 --> 00:27:00.520 start at the toe and go all the way up.

NOTE Confidence: 0.8403801

00:27:00.520 --> 00:27:02.758 And do that all the way

NOTE Confidence: 0.8403801

00:27:02.758 --> 00:27:05.169 across the top of the foot.  
NOTE Confidence: 0.8403801

00:27:05.170 --> 00:27:07.335 I continue the breath because  
NOTE Confidence: 0.8403801

00:27:07.335 --> 00:27:09.067 that's a nice release.  
NOTE Confidence: 0.8403801

00:27:09.070 --> 00:27:09.890 Again.  
NOTE Confidence: 0.84910583

00:27:12.420 --> 00:27:13.928 And the pinky side.  
NOTE Confidence: 0.8347569

00:27:18.750 --> 00:27:26.160 Good. Excellent. I will just take a moment.  
NOTE Confidence: 0.8347569

00:27:26.160 --> 00:27:28.296 We've gone again, wash their hands  
NOTE Confidence: 0.8347569

00:27:28.296 --> 00:27:31.062 when we're done but we've gone up we've  
NOTE Confidence: 0.8347569

00:27:31.062 --> 00:27:33.612 gone today we started at the top of  
NOTE Confidence: 0.8347569

00:27:33.612 --> 00:27:35.932 the head and we've moved our way down  
NOTE Confidence: 0.8347569

00:27:35.940 --> 00:27:38.204 to the neck the shoulders, the arms,  
NOTE Confidence: 0.8347569

00:27:38.204 --> 00:27:41.160 the back along the spine the let the hips,  
NOTE Confidence: 0.8347569

00:27:41.160 --> 00:27:43.896 the legs and feet and this is something  
NOTE Confidence: 0.8347569

00:27:43.896 --> 00:27:46.285 again you can do in your own time  
NOTE Confidence: 0.8347569

00:27:46.285 --> 00:27:48.843 in your own way doing the whole body  
NOTE Confidence: 0.8347569

00:27:48.843 --> 00:27:51.385 or just focusing on the areas that

NOTE Confidence: 0.8347569

00:27:51.385 --> 00:27:54.055 you may need that particular day.

NOTE Confidence: 0.8347569

00:27:54.060 --> 00:27:56.358 So that's it in a nutshell.

NOTE Confidence: 0.8347569

00:27:56.360 --> 00:27:58.270 I hope it was helpful.

NOTE Confidence: 0.8347569

00:27:58.270 --> 00:28:01.717 I hope it made sense to you and just,

NOTE Confidence: 0.8347569

00:28:01.720 --> 00:28:04.404 you know, enjoy your day, drink water,

NOTE Confidence: 0.8347569

00:28:04.404 --> 00:28:07.078 hydrate and just take care of yourselves.

NOTE Confidence: 0.8347569

00:28:07.080 --> 00:28:09.832 OK, it was good to be with you

NOTE Confidence: 0.8347569

00:28:09.832 --> 00:28:13.210 and I hope to see you again soon.

NOTE Confidence: 0.8347569

00:28:13.210 --> 00:28:15.900 Alright, take care of anybody.