

WEBVTT

NOTE duration:"00:38:15.9360000"

NOTE language:en-us

NOTE Confidence: 0.8548166

00:00:02.020 --> 00:00:04.168 Good morning everybody once again and

NOTE Confidence: 0.8548166

00:00:04.168 --> 00:00:07.523 thank you so much for joining on Michelle

NOTE Confidence: 0.8548166

00:00:07.523 --> 00:00:09.379 Grand licensed Massage Therapist.

NOTE Confidence: 0.8548166

00:00:09.380 --> 00:00:12.950 I work with the patients at Smilow

NOTE Confidence: 0.8548166

00:00:12.950 --> 00:00:16.353 Cancer Hospital and it's my honor and

NOTE Confidence: 0.8548166

00:00:16.353 --> 00:00:19.680 privilege to be with you here today.

NOTE Confidence: 0.8548166

00:00:19.680 --> 00:00:24.135 We're going to take about 30 minutes or so,

NOTE Confidence: 0.8548166

00:00:24.140 --> 00:00:27.104 and we're going to work on

NOTE Confidence: 0.8548166

00:00:27.104 --> 00:00:28.586 some breathing exercises,

NOTE Confidence: 0.8548166

00:00:28.590 --> 00:00:32.433 and we're going to do some soft

NOTE Confidence: 0.8548166

00:00:32.433 --> 00:00:35.649 tissue and muscle release work.

NOTE Confidence: 0.8548166

00:00:35.650 --> 00:00:38.595 The goal of today's session

NOTE Confidence: 0.8548166

00:00:38.595 --> 00:00:42.650 is to help us reduce anxiety.

NOTE Confidence: 0.8548166

00:00:42.650 --> 00:00:46.560 We all experience anxiety for

NOTE Confidence: 0.8548166

00:00:46.560 --> 00:00:49.688 a variety of reasons.

NOTE Confidence: 0.8548166

00:00:49.690 --> 00:00:51.602 During Kovid, we're experiencing

NOTE Confidence: 0.8548166

00:00:51.602 --> 00:00:53.992 anxiety on a different level,

NOTE Confidence: 0.8548166

00:00:54.000 --> 00:00:57.850 but these exercises and this soft tissue

NOTE Confidence: 0.8548166

00:00:57.850 --> 00:01:00.780 release is something that would be

NOTE Confidence: 0.8548166

00:01:00.780 --> 00:01:04.593 healthy for us to do every day as we

NOTE Confidence: 0.8548166

00:01:04.593 --> 00:01:07.890 just go through our our normal existence.

NOTE Confidence: 0.8548166

00:01:07.890 --> 00:01:10.998 So what is anxiety?

NOTE Confidence: 0.8548166

00:01:11.000 --> 00:01:15.928 Anxiety is our body's response to stress.

NOTE Confidence: 0.8548166

00:01:15.930 --> 00:01:20.270 It can cause physical symptoms such as

NOTE Confidence: 0.8548166

00:01:20.270 --> 00:01:23.920 stomach and digestive trouble, headaches,

NOTE Confidence: 0.8548166

00:01:23.920 --> 00:01:28.170 insomnia, fatigue, shortness of breath.

NOTE Confidence: 0.8548166

00:01:28.170 --> 00:01:29.961 And muscle tension.

NOTE Confidence: 0.8548166

00:01:29.961 --> 00:01:35.298 So today what we're going to focus on is

NOTE Confidence: 0.8548166

00:01:35.298 --> 00:01:39.458 being aware and in control of our breath.

NOTE Confidence: 0.8548166

00:01:39.460 --> 00:01:41.885 And then practicing ways to  
NOTE Confidence: 0.8548166

00:01:41.885 --> 00:01:43.825 release our soft tissue.  
NOTE Confidence: 0.8548166

00:01:43.830 --> 00:01:45.288 An arm us.  
NOTE Confidence: 0.8548166

00:01:45.288 --> 00:01:46.746 Our muscular tension.  
NOTE Confidence: 0.87640697

00:01:49.290 --> 00:01:53.418 As we develop a practice of breath awareness,  
NOTE Confidence: 0.87640697

00:01:53.420 --> 00:01:56.510 there's a lot of benefits  
NOTE Confidence: 0.87640697

00:01:56.510 --> 00:01:58.364 that we'll experience.  
NOTE Confidence: 0.87640697

00:01:58.370 --> 00:02:00.550 It helps to boost immunity.  
NOTE Confidence: 0.87640697

00:02:00.550 --> 00:02:03.505 It can increase our confidence  
NOTE Confidence: 0.87640697

00:02:03.505 --> 00:02:05.869 in our self image.  
NOTE Confidence: 0.87640697

00:02:05.870 --> 00:02:10.238 It can help to enrich our creativity.  
NOTE Confidence: 0.87640697

00:02:10.240 --> 00:02:13.052 Improve our personal and  
NOTE Confidence: 0.87640697

00:02:13.052 --> 00:02:14.458 professional relationships.  
NOTE Confidence: 0.87640697

00:02:14.460 --> 00:02:17.449 But it just aids in an overall  
NOTE Confidence: 0.87640697

00:02:17.449 --> 00:02:20.570 improved focus and sense of relaxation.  
NOTE Confidence: 0.84966415

00:02:24.550 --> 00:02:28.318 To begin, we're gonna do a

NOTE Confidence: 0.84966415  
00:02:28.318 --> 00:02:30.202 diaphragmatic breathing exercise,  
NOTE Confidence: 0.84966415  
00:02:30.210 --> 00:02:33.950 also known as belly breathing.  
NOTE Confidence: 0.84966415  
00:02:33.950 --> 00:02:36.555 So if you're not already  
NOTE Confidence: 0.84966415  
00:02:36.555 --> 00:02:38.639 in a comfortable position.  
NOTE Confidence: 0.84966415  
00:02:38.640 --> 00:02:40.490 Just bring yourself into a  
NOTE Confidence: 0.84966415  
00:02:40.490 --> 00:02:42.340 position that feels relaxed for  
NOTE Confidence: 0.84966415  
00:02:42.413 --> 00:02:44.471 you could be sitting in a chair  
NOTE Confidence: 0.84966415  
00:02:44.471 --> 00:02:46.250 with your feet on the floor,  
NOTE Confidence: 0.84966415  
00:02:46.250 --> 00:02:47.586 on your back, erect.  
NOTE Confidence: 0.84966415  
00:02:47.586 --> 00:02:50.307 Or you could lay down flat on the  
NOTE Confidence: 0.84966415  
00:02:50.307 --> 00:02:52.867 floor and do the belly breath as well.  
NOTE Confidence: 0.8656773  
00:02:55.160 --> 00:03:00.749 To begin, place one hand on your upper chest.  
NOTE Confidence: 0.8656773  
00:03:00.750 --> 00:03:04.068 And one hand below your rib cage.  
NOTE Confidence: 0.8645128  
00:03:06.330 --> 00:03:09.960 So that as you breathe.  
NOTE Confidence: 0.8645128  
00:03:09.960 --> 00:03:13.440 Your hand below your rib cage.  
NOTE Confidence: 0.8645128

00:03:13.440 --> 00:03:17.248 Can feel the movement of your diaphragm.  
NOTE Confidence: 0.8645128

00:03:17.250 --> 00:03:19.446 Just take a moment to get  
NOTE Confidence: 0.8645128

00:03:19.446 --> 00:03:20.910 comfortable with that position.  
NOTE Confidence: 0.9023793

00:03:23.150 --> 00:03:25.100 Just see what it feels like.  
NOTE Confidence: 0.882169

00:03:27.310 --> 00:03:30.250 As you slowly press your hand.  
NOTE Confidence: 0.882169

00:03:30.250 --> 00:03:32.018 Into your stomach area.  
NOTE Confidence: 0.8161313

00:03:35.650 --> 00:03:38.980 Now slowly inhale through your nose.  
NOTE Confidence: 0.8849509

00:03:41.070 --> 00:03:43.660 And feel your stomach pressing  
NOTE Confidence: 0.8849509

00:03:43.660 --> 00:03:46.608 into your hand. Keep your upper  
NOTE Confidence: 0.8849509

00:03:46.608 --> 00:03:48.788 hand as still as possible.  
NOTE Confidence: 0.7394272

00:03:51.980 --> 00:03:56.775 Now you're gonna exhale using Perst lips.  
NOTE Confidence: 0.7394272

00:03:56.780 --> 00:04:00.656 As you tighten your stomach muscles.  
NOTE Confidence: 0.7394272

00:04:00.660 --> 00:04:03.816 And your upper hand stays still.  
NOTE Confidence: 0.7394272

00:04:03.820 --> 00:04:07.030 So the process is breathing  
NOTE Confidence: 0.7394272

00:04:07.030 --> 00:04:08.956 through your nose.  
NOTE Confidence: 0.7394272

00:04:08.960 --> 00:04:11.988 Fill your belly expand.

NOTE Confidence: 0.7394272  
00:04:11.990 --> 00:04:16.280 And exhale through pursed lips.  
NOTE Confidence: 0.7394272  
00:04:16.280 --> 00:04:18.660 Feeling your belly contract.  
NOTE Confidence: 0.14037108  
00:04:23.100 --> 00:04:24.130 Inhale.  
NOTE Confidence: 0.37079564  
00:04:27.110 --> 00:04:28.080 XL.  
NOTE Confidence: 0.56166685  
00:04:31.850 --> 00:04:32.960 In hell.  
NOTE Confidence: 0.18963605  
00:04:37.300 --> 00:04:42.630 Nexia just continue that pattern.  
NOTE Confidence: 0.18963605  
00:04:42.630 --> 00:04:47.768 Just developing a relaxed. Stayed up breath.  
NOTE Confidence: 0.7464507  
00:05:02.530 --> 00:05:04.499 Inhale through your nose.  
NOTE Confidence: 0.7760882  
00:05:06.640 --> 00:05:08.046 Exhale through purse,  
NOTE Confidence: 0.7760882  
00:05:08.046 --> 00:05:09.918 lips through your mouth.  
NOTE Confidence: 0.84801507  
00:05:15.060 --> 00:05:18.870 The upper hand stays still.  
NOTE Confidence: 0.84801507  
00:05:18.870 --> 00:05:22.520 And the lower hand feels the  
NOTE Confidence: 0.84801507  
00:05:22.520 --> 00:05:24.952 belly expand and contract.  
NOTE Confidence: 0.8257146  
00:05:54.850 --> 00:05:56.980 We're gonna take a moment now.  
NOTE Confidence: 0.8257146  
00:05:56.980 --> 00:05:58.748 Release your upper hand.  
NOTE Confidence: 0.8257146

00:05:58.748 --> 00:06:00.958 Maintain ahead hands below your  
NOTE Confidence: 0.8257146

00:06:00.958 --> 00:06:03.540 rib cage on your belly and just.  
NOTE Confidence: 0.8257146

00:06:03.540 --> 00:06:05.343 Alternate now between  
NOTE Confidence: 0.8257146

00:06:05.343 --> 00:06:07.747 normal and deep breaths.  
NOTE Confidence: 0.8485258

00:06:11.540 --> 00:06:14.270 Just notice any difference when  
NOTE Confidence: 0.8485258

00:06:14.270 --> 00:06:17.000 you alternate just between your  
NOTE Confidence: 0.8485258

00:06:17.095 --> 00:06:19.570 normal breath. Add a deep breath.  
NOTE Confidence: 0.85374635

00:06:31.130 --> 00:06:33.820 Just notice how the shallow breathing  
NOTE Confidence: 0.85374635

00:06:33.820 --> 00:06:36.060 compares to the deep breathing.  
NOTE Confidence: 0.85374635

00:06:36.060 --> 00:06:39.050 Just now. Practice deep breaths.  
NOTE Confidence: 0.85374635

00:06:39.050 --> 00:06:40.520 For a minute or so.  
NOTE Confidence: 0.7254484

00:07:01.750 --> 00:07:05.530 Now as you exhale, let out  
NOTE Confidence: 0.7254484

00:07:05.530 --> 00:07:08.680 a sigh with each exhalation.  
NOTE Confidence: 0.8821257

00:07:11.010 --> 00:07:12.840 Breath in through the nose.  
NOTE Confidence: 0.6147404

00:07:16.610 --> 00:07:20.420 A deep sigh. As you exhale.  
NOTE Confidence: 0.7500221

00:07:33.420 --> 00:07:36.858 Again, feel have a belly

NOTE Confidence: 0.7500221

00:07:36.858 --> 00:07:39.766 rises with each inhale.

NOTE Confidence: 0.7500221

00:07:39.770 --> 00:07:42.558 And falls with each exhale.

NOTE Confidence: 0.82091117

00:07:51.060 --> 00:07:55.573 We're going to begin to think of phrases

NOTE Confidence: 0.82091117

00:07:55.573 --> 00:07:59.726 such as peace or let go or relax.

NOTE Confidence: 0.82091117

00:07:59.730 --> 00:08:03.230 And as you inhale.

NOTE Confidence: 0.82091117

00:08:03.230 --> 00:08:05.540 You gonna bring in waves of

NOTE Confidence: 0.82091117

00:08:05.540 --> 00:08:07.973 peace and calm through your body

NOTE Confidence: 0.82091117

00:08:07.973 --> 00:08:10.008 and your gonna mentale say.

NOTE Confidence: 0.82091117

00:08:10.010 --> 00:08:13.138 Inhaling peace and calm.

NOTE Confidence: 0.7103029

00:08:24.720 --> 00:08:27.495 Breathe in and mentally think

NOTE Confidence: 0.7103029

00:08:27.495 --> 00:08:29.715 inhaling peace and calm.

NOTE Confidence: 0.7103029

00:08:29.720 --> 00:08:33.380 And as you exhale, think of

NOTE Confidence: 0.7103029

00:08:33.380 --> 00:08:36.880 washing away tension and anxiety.

NOTE Confidence: 0.7103029

00:08:36.880 --> 00:08:40.168 So you'll say to yourself as you exhale.

NOTE Confidence: 0.7103029

00:08:40.170 --> 00:08:43.070 Exhale, tension and anxiety.

NOTE Confidence: 0.8138585



00:08:46.770 --> 00:08:49.220 Reading in peace and calm.  
NOTE Confidence: 0.8024276

00:08:51.790 --> 00:08:55.100 And exhale Ng tension and anxiety.  
NOTE Confidence: 0.76693356

00:08:58.040 --> 00:09:00.770 Breathing in peace and calm.  
NOTE Confidence: 0.7721125

00:09:05.220 --> 00:09:08.770 X hailing tension and anxiety.  
NOTE Confidence: 0.6963031

00:09:17.970 --> 00:09:20.289 Breathing in peace then com.  
NOTE Confidence: 0.78022814

00:09:23.670 --> 00:09:27.000 Excel in tension and anxiety.  
NOTE Confidence: 0.86146545

00:09:35.750 --> 00:09:37.918 Continue that for several more  
NOTE Confidence: 0.86146545

00:09:37.918 --> 00:09:40.078 breaths and just notice how  
NOTE Confidence: 0.86146545

00:09:40.078 --> 00:09:42.410 relaxed you're starting to feel.  
NOTE Confidence: 0.8781101

00:09:47.120 --> 00:09:49.784 You can almost feel the oxygen flowing  
NOTE Confidence: 0.8781101

00:09:49.784 --> 00:09:52.155 through your body entering all the way  
NOTE Confidence: 0.8781101

00:09:52.155 --> 00:09:54.600 up to your head and down to your feet.  
NOTE Confidence: 0.5902399

00:10:04.900 --> 00:10:07.008 Inhaling peace and calm.  
NOTE Confidence: 0.7467292

00:10:09.440 --> 00:10:12.600 Exhale intention, an anxiety.  
NOTE Confidence: 0.7467292

00:10:12.600 --> 00:10:15.780 Let's take three more breaths like that.  
NOTE Confidence: 0.91683525

00:10:32.020 --> 00:10:33.100 One more.

NOTE Confidence: 0.9131136

00:10:39.520 --> 00:10:43.300 Excellent. Very very good work.

NOTE Confidence: 0.9131136

00:10:43.300 --> 00:10:46.456 Just release your hands now to just

NOTE Confidence: 0.9131136

00:10:46.456 --> 00:10:48.796 relax and comfortable position.

NOTE Confidence: 0.9131136

00:10:48.800 --> 00:10:50.072 Just for a moment,

NOTE Confidence: 0.9131136

00:10:50.072 --> 00:10:52.331 you could just have them hanging at

NOTE Confidence: 0.9131136

00:10:52.331 --> 00:10:54.298 your side and just letting it go.

NOTE Confidence: 0.9131136

00:10:54.300 --> 00:10:56.841 Just make sure your back now is

NOTE Confidence: 0.9131136

00:10:56.841 --> 00:10:59.349 relaxed if you're on the floor just.

NOTE Confidence: 0.9131136

00:10:59.350 --> 00:11:00.694 Let your spine relax.

NOTE Confidence: 0.9131136

00:11:00.694 --> 00:11:02.710 If you're sitting on a chair,

NOTE Confidence: 0.9131136

00:11:02.710 --> 00:11:05.125 just feel the back of the chair

NOTE Confidence: 0.9131136

00:11:05.125 --> 00:11:07.078 supporting your spine for a moment.

NOTE Confidence: 0.9131136

00:11:07.080 --> 00:11:08.760 Feet grounded on the floor.

NOTE Confidence: 0.8759851

00:11:12.540 --> 00:11:14.916 Excellent, so this is how it feels to

NOTE Confidence: 0.8759851

00:11:14.916 --> 00:11:17.709 do a controlled breathing exercise.

NOTE Confidence: 0.8759851

00:11:17.710 --> 00:11:20.098 It's something you can do at  
NOTE Confidence: 0.8759851

00:11:20.098 --> 00:11:21.690 anytime throughout the day,  
NOTE Confidence: 0.8759851

00:11:21.690 --> 00:11:24.078 anywhere from 5 to 15 minutes.  
NOTE Confidence: 0.8759851

00:11:24.080 --> 00:11:28.344 When you wake up in the middle of  
NOTE Confidence: 0.8759851

00:11:28.344 --> 00:11:30.980 hecticness before you go to bed.  
NOTE Confidence: 0.8759851

00:11:30.980 --> 00:11:33.170 So this is a good time if you have water  
NOTE Confidence: 0.8759851

00:11:33.227 --> 00:11:35.283 nearby to just grab a sip of water  
NOTE Confidence: 0.8759851

00:11:35.283 --> 00:11:37.193 'cause we're going to transition now  
NOTE Confidence: 0.8759851

00:11:37.193 --> 00:11:39.197 into some soft tissue muscle release.  
NOTE Confidence: 0.8759851

00:11:39.200 --> 00:11:41.384 So just take a little bit of water.  
NOTE Confidence: 0.8290404

00:11:46.810 --> 00:11:49.578 And it's always good to hydrate to during  
NOTE Confidence: 0.8290404

00:11:49.578 --> 00:11:51.948 breathwork and always throughout the day.  
NOTE Confidence: 0.92094857

00:11:55.340 --> 00:12:00.390 Excellent. So the goal of self,  
NOTE Confidence: 0.92094857

00:12:00.390 --> 00:12:03.820 muscle and soft tissue release is to  
NOTE Confidence: 0.92094857

00:12:03.820 --> 00:12:06.932 actually manage that fight or flight  
NOTE Confidence: 0.92094857

00:12:06.932 --> 00:12:10.028 response and to elicit the relaxation

NOTE Confidence: 0.92094857

00:12:10.028 --> 00:12:12.789 expand response within our body.

NOTE Confidence: 0.92094857

00:12:12.790 --> 00:12:15.380 Now this is something again,

NOTE Confidence: 0.92094857

00:12:15.380 --> 00:12:19.508 we're going to be doing self massage today.

NOTE Confidence: 0.92094857

00:12:19.510 --> 00:12:21.895 Self soft tissue release the

NOTE Confidence: 0.92094857

00:12:21.895 --> 00:12:24.280 benefits of now this muscular

NOTE Confidence: 0.92094857

00:12:24.364 --> 00:12:26.748 release include better sleep,

NOTE Confidence: 0.92094857

00:12:26.750 --> 00:12:28.024 improved circulation.

NOTE Confidence: 0.92094857

00:12:28.024 --> 00:12:31.209 I release a physical tension.

NOTE Confidence: 0.92094857

00:12:31.210 --> 00:12:34.437 Pain relief and a reduction in just

NOTE Confidence: 0.92094857

00:12:34.437 --> 00:12:37.138 the overall symptoms of our anxiety.

NOTE Confidence: 0.8762194

00:12:39.430 --> 00:12:40.682 Something that's important to

NOTE Confidence: 0.8762194

00:12:40.682 --> 00:12:42.839 remember when we do self massage is

NOTE Confidence: 0.8762194

00:12:42.839 --> 00:12:44.428 the type of pressure that we use.

NOTE Confidence: 0.8762194

00:12:44.430 --> 00:12:46.002 So I'm just going to show

NOTE Confidence: 0.8762194

00:12:46.002 --> 00:12:47.769 you for now on your hand.

NOTE Confidence: 0.8762194

00:12:47.770 --> 00:12:50.162 Although when we start we're going to be  
NOTE Confidence: 0.8762194

00:12:50.162 --> 00:12:52.447 going sort of from my shoulders to our  
NOTE Confidence: 0.8762194

00:12:52.447 --> 00:12:54.999 feet and then back up to our neck and head.  
NOTE Confidence: 0.8762194

00:12:55.000 --> 00:12:57.216 But just to explain on my hands here,  
NOTE Confidence: 0.8762194

00:12:57.220 --> 00:13:00.388 the type of pressure we're going to use.  
NOTE Confidence: 0.8762194

00:13:00.390 --> 00:13:01.810 We want our release.  
NOTE Confidence: 0.8762194

00:13:01.810 --> 00:13:03.940 We don't want to just touch  
NOTE Confidence: 0.8762194

00:13:04.015 --> 00:13:05.790 the outside of our skin.  
NOTE Confidence: 0.8762194

00:13:05.790 --> 00:13:07.950 That kind of massage feels good.  
NOTE Confidence: 0.8762194

00:13:07.950 --> 00:13:11.163 Maybe if you're going to a spa somewhere and  
NOTE Confidence: 0.8762194

00:13:11.163 --> 00:13:14.424 you just want to lay there and just relax,  
NOTE Confidence: 0.8762194

00:13:14.430 --> 00:13:16.728 but we're actually doing some therapy  
NOTE Confidence: 0.8762194

00:13:16.728 --> 00:13:19.320 on ourselves and we want to elicit  
NOTE Confidence: 0.8762194

00:13:19.320 --> 00:13:21.623 a little lease of our soft tissue.  
NOTE Confidence: 0.8762194

00:13:21.630 --> 00:13:22.350 So again,  
NOTE Confidence: 0.8762194

00:13:22.350 --> 00:13:24.870 you want as we go along today,

NOTE Confidence: 0.8762194

00:13:24.870 --> 00:13:27.348 you want to feel pressure so

NOTE Confidence: 0.8762194

00:13:27.348 --> 00:13:29.650 you can use your thumb.

NOTE Confidence: 0.8762194

00:13:29.650 --> 00:13:32.038 You can use the tips of

NOTE Confidence: 0.8762194

00:13:32.038 --> 00:13:34.090 your fingers you can use.

NOTE Confidence: 0.8762194

00:13:34.090 --> 00:13:36.666 This part of your fingers here for pressure,

NOTE Confidence: 0.8762194

00:13:36.670 --> 00:13:39.206 and you could even use the palm of

NOTE Confidence: 0.8762194

00:13:39.206 --> 00:13:41.499 your hand for pressure as we go.

NOTE Confidence: 0.8762194

00:13:41.500 --> 00:13:44.204 You do what's comfortable for you and it

NOTE Confidence: 0.8762194

00:13:44.204 --> 00:13:46.781 also depends on the part of your body

NOTE Confidence: 0.8762194

00:13:46.781 --> 00:13:48.899 like our shoulders tend to be really,

NOTE Confidence: 0.8762194

00:13:48.900 --> 00:13:50.760 really tight and tense so we

NOTE Confidence: 0.8762194

00:13:50.760 --> 00:13:52.440 can use more pressure there.

NOTE Confidence: 0.8762194

00:13:52.440 --> 00:13:54.694 When we get a little sensitive areas,

NOTE Confidence: 0.8762194

00:13:54.700 --> 00:13:56.310 maybe like around our knees,

NOTE Confidence: 0.8762194

00:13:56.310 --> 00:13:58.473 we're going to use a little lighter

NOTE Confidence: 0.8762194

00:13:58.473 --> 00:13:59.850 pressure around the joints,  
NOTE Confidence: 0.8762194

00:13:59.850 --> 00:14:01.462 so that's definitely something  
NOTE Confidence: 0.8762194

00:14:01.462 --> 00:14:03.074 to keep in mind.  
NOTE Confidence: 0.8762194

00:14:03.080 --> 00:14:05.754 Now the motions we're going to use  
NOTE Confidence: 0.8762194

00:14:05.754 --> 00:14:08.858 are going to be a motion of needing,  
NOTE Confidence: 0.8762194

00:14:08.860 --> 00:14:11.849 which is taking the soft tissue and  
NOTE Confidence: 0.8762194

00:14:11.849 --> 00:14:15.189 kind of just like a needing motion.  
NOTE Confidence: 0.8762194

00:14:15.190 --> 00:14:15.530 I.  
NOTE Confidence: 0.8762194

00:14:15.530 --> 00:14:16.890 Round technically that term  
NOTE Confidence: 0.8762194

00:14:16.890 --> 00:14:18.250 is called PET ruszaj,  
NOTE Confidence: 0.8762194

00:14:18.250 --> 00:14:21.290 but it's a kneading motion of the soft  
NOTE Confidence: 0.8762194

00:14:21.290 --> 00:14:24.509 tissue at the joints were going to  
NOTE Confidence: 0.8762194

00:14:24.509 --> 00:14:26.884 do what's called circular friction.  
NOTE Confidence: 0.8762194

00:14:26.890 --> 00:14:28.588 Which is often using the tips  
NOTE Confidence: 0.8762194

00:14:28.588 --> 00:14:30.391 of your fingers and just kind  
NOTE Confidence: 0.8762194

00:14:30.391 --> 00:14:31.916 of going around the joints.

NOTE Confidence: 0.8762194  
00:14:31.920 --> 00:14:34.146 We could easily get in those  
NOTE Confidence: 0.8762194  
00:14:34.146 --> 00:14:35.630 spots with one finger.  
NOTE Confidence: 0.8762194  
00:14:35.630 --> 00:14:37.050 And then on a tighter,  
NOTE Confidence: 0.8762194  
00:14:37.050 --> 00:14:39.588 more rigid areas we can you use the pressure,  
NOTE Confidence: 0.8762194  
00:14:39.590 --> 00:14:41.005 the pressure that is comfortable  
NOTE Confidence: 0.8762194  
00:14:41.005 --> 00:14:42.420 for you using the body,  
NOTE Confidence: 0.8762194  
00:14:42.420 --> 00:14:44.118 the body part of your hand  
NOTE Confidence: 0.8762194  
00:14:44.118 --> 00:14:45.250 that's best for you.  
NOTE Confidence: 0.8762194  
00:14:45.250 --> 00:14:46.972 So when we start in the  
NOTE Confidence: 0.8762194  
00:14:46.972 --> 00:14:48.650 shoulder in a minute or two,  
NOTE Confidence: 0.8762194  
00:14:48.650 --> 00:14:50.624 you just use what's comfortable for you.  
NOTE Confidence: 0.8762194  
00:14:50.630 --> 00:14:52.328 It could be the whole hand,  
NOTE Confidence: 0.8762194  
00:14:52.330 --> 00:14:56.058 it could be the tips of the finger.  
NOTE Confidence: 0.8762194  
00:14:56.060 --> 00:14:58.160 You put the get the pressure going.  
NOTE Confidence: 0.8762194  
00:14:58.160 --> 00:14:59.360 That's what we want.  
NOTE Confidence: 0.8762194



00:14:59.360 --> 00:15:00.560 We want their release.  
NOTE Confidence: 0.8762194

00:15:00.560 --> 00:15:03.432 We want to bring blood flow to the  
NOTE Confidence: 0.8762194

00:15:03.432 --> 00:15:06.485 area and we want to move that issue.  
NOTE Confidence: 0.8762194

00:15:06.490 --> 00:15:08.530 The other thing you want  
NOTE Confidence: 0.8762194

00:15:08.530 --> 00:15:10.950 to keep in mind too is.  
NOTE Confidence: 0.8762194

00:15:10.950 --> 00:15:13.198 When we work on a tighter area again,  
NOTE Confidence: 0.8762194

00:15:13.200 --> 00:15:14.007 like the shoulders,  
NOTE Confidence: 0.8762194

00:15:14.007 --> 00:15:16.570 it takes a little warm up of that issue.  
NOTE Confidence: 0.8762194

00:15:16.570 --> 00:15:19.099 It's gonna be real tight and legit at first,  
NOTE Confidence: 0.8762194

00:15:19.100 --> 00:15:20.505 so the analogy would be  
NOTE Confidence: 0.8762194

00:15:20.505 --> 00:15:21.910 like a stick of butter.  
NOTE Confidence: 0.8762194

00:15:21.910 --> 00:15:24.134 If you have a frozen or very hard  
NOTE Confidence: 0.8762194

00:15:24.134 --> 00:15:25.279 refrigerated stick of butter,  
NOTE Confidence: 0.8762194

00:15:25.280 --> 00:15:28.100 you gotta have to work a little bit to get  
NOTE Confidence: 0.8570504

00:15:28.168 --> 00:15:30.337 it. You know to cut or to move.  
NOTE Confidence: 0.8570504

00:15:30.340 --> 00:15:32.244 If you will have left the butter

NOTE Confidence: 0.8570504

00:15:32.244 --> 00:15:33.975 out for awhile it's nice and

NOTE Confidence: 0.8570504

00:15:33.975 --> 00:15:35.673 soft and you touch the butter.

NOTE Confidence: 0.8570504

00:15:35.680 --> 00:15:37.928 You know your fingers gonna go right through.

NOTE Confidence: 0.8570504

00:15:37.930 --> 00:15:39.967 Are you able to cut weight through

NOTE Confidence: 0.8570504

00:15:39.967 --> 00:15:42.064 it super easily so it's the same

NOTE Confidence: 0.8570504

00:15:42.064 --> 00:15:43.519 analogy for our soft tissue?

NOTE Confidence: 0.8570504

00:15:43.520 --> 00:15:45.620 Sometimes it takes a little bit of

NOTE Confidence: 0.8570504

00:15:45.620 --> 00:15:47.808 time to like kind of warm it up.

NOTE Confidence: 0.8570504

00:15:47.810 --> 00:15:50.490 So you want to spend some extra time

NOTE Confidence: 0.8570504

00:15:50.490 --> 00:15:52.989 there until you get to the point where

NOTE Confidence: 0.8570504

00:15:52.989 --> 00:15:55.558 you can kind of sink into it a bit.

NOTE Confidence: 0.8570504

00:15:55.560 --> 00:15:57.855 So today we have a limited amount of time,

NOTE Confidence: 0.8570504

00:15:57.860 --> 00:15:59.396 but when you do this soft

NOTE Confidence: 0.8570504

00:15:59.396 --> 00:16:00.420 tissue release at home,

NOTE Confidence: 0.8570504

00:16:00.420 --> 00:16:02.106 just remember to spend an adequate

NOTE Confidence: 0.8570504

00:16:02.106 --> 00:16:03.728 amount of time to release it  
NOTE Confidence: 0.8570504

00:16:03.728 --> 00:16:05.496 to warm it up and then you can  
NOTE Confidence: 0.8570504

00:16:05.558 --> 00:16:07.590 kind of get in there and get the  
NOTE Confidence: 0.8570504

00:16:07.590 --> 00:16:10.460 circulation of the blood flow going.  
NOTE Confidence: 0.8570504

00:16:10.460 --> 00:16:12.662 OK, so for today we're going  
NOTE Confidence: 0.8570504

00:16:12.662 --> 00:16:15.050 to start at our shoulders.  
NOTE Confidence: 0.8570504

00:16:15.050 --> 00:16:17.535 So we're just going to take her  
NOTE Confidence: 0.8570504

00:16:17.535 --> 00:16:19.788 hands and you can come back.  
NOTE Confidence: 0.8570504

00:16:19.790 --> 00:16:23.234 As far as you could reach and  
NOTE Confidence: 0.8570504

00:16:23.234 --> 00:16:26.359 just bring that issue forward.  
NOTE Confidence: 0.8570504

00:16:26.360 --> 00:16:29.503 Are trapezius muscle comes up and actually  
NOTE Confidence: 0.8570504

00:16:29.503 --> 00:16:32.459 crosses over the top of our shoulder?  
NOTE Confidence: 0.8570504

00:16:32.460 --> 00:16:34.896 So that's why it's a strong muscle.  
NOTE Confidence: 0.8570504

00:16:34.900 --> 00:16:38.390 It covers much of the back and it takes it,  
NOTE Confidence: 0.8570504

00:16:38.390 --> 00:16:40.952 takes some effort and some controlled  
NOTE Confidence: 0.8570504

00:16:40.952 --> 00:16:43.570 massage to get that to release.

NOTE Confidence: 0.8570504

00:16:43.570 --> 00:16:45.530 You may want to take the tips

NOTE Confidence: 0.8570504

00:16:45.530 --> 00:16:47.524 of your fingers again and do a

NOTE Confidence: 0.8570504

00:16:47.524 --> 00:16:49.162 little bit of that pet ruszaj

NOTE Confidence: 0.8754431

00:16:51.260 --> 00:16:54.300 an which back as far as you can.

NOTE Confidence: 0.8754431

00:16:54.300 --> 00:16:57.996 The more of that muscle you can

NOTE Confidence: 0.8754431

00:16:57.996 --> 00:17:01.648 activate the better it will be for you.

NOTE Confidence: 0.8754431

00:17:01.650 --> 00:17:04.114 And you could see that the tissue

NOTE Confidence: 0.8754431

00:17:04.114 --> 00:17:06.450 starts to become a little bit red.

NOTE Confidence: 0.8754431

00:17:06.450 --> 00:17:08.000 So that showing that you're

NOTE Confidence: 0.8754431

00:17:08.000 --> 00:17:09.550 getting some blood flow going,

NOTE Confidence: 0.8754431

00:17:09.550 --> 00:17:10.790 and that's exactly the

NOTE Confidence: 0.8754431

00:17:10.790 --> 00:17:12.030 intention that you want.

NOTE Confidence: 0.8121264

00:17:16.010 --> 00:17:17.590 Another movement we could

NOTE Confidence: 0.8121264

00:17:17.590 --> 00:17:19.565 do at the shoulders is.

NOTE Confidence: 0.8121264

00:17:19.570 --> 00:17:23.100 Like a pulling motion down.

NOTE Confidence: 0.8121264

00:17:23.100 --> 00:17:27.930 From the top of your shoulder down.  
NOTE Confidence: 0.8121264

00:17:27.930 --> 00:17:31.896 Torch the joint of your shoulder.  
NOTE Confidence: 0.8121264

00:17:31.900 --> 00:17:35.000 Just get that release going.  
NOTE Confidence: 0.8121264

00:17:35.000 --> 00:17:37.298 It's nice to use the tips  
NOTE Confidence: 0.8121264

00:17:37.298 --> 00:17:38.830 of your fingers here,  
NOTE Confidence: 0.8121264

00:17:38.830 --> 00:17:42.148 just really pressing you want to feel.  
NOTE Confidence: 0.8121264

00:17:42.150 --> 00:17:44.286 You want to feel the muscle  
NOTE Confidence: 0.8121264

00:17:44.286 --> 00:17:46.070 almost moving a little bit.  
NOTE Confidence: 0.8121264

00:17:46.070 --> 00:17:48.910 You want to feel the soft tissue moving.  
NOTE Confidence: 0.91516334

00:17:51.050 --> 00:17:52.380 When we do one side,  
NOTE Confidence: 0.91516334

00:17:52.380 --> 00:17:54.756 we always want to move to the other side.  
NOTE Confidence: 0.91516334

00:17:54.760 --> 00:17:57.448 We want our body to be in balance.  
NOTE Confidence: 0.91516334

00:17:57.450 --> 00:17:59.802 So we're going to move over to the  
NOTE Confidence: 0.91516334

00:17:59.802 --> 00:18:01.936 side that you have not yet done,  
NOTE Confidence: 0.91516334

00:18:01.940 --> 00:18:03.734 and we're going to do that  
NOTE Confidence: 0.91516334

00:18:03.734 --> 00:18:04.930 same sort of movement,

NOTE Confidence: 0.91516334

00:18:04.930 --> 00:18:07.030 bringing your tissue forward as much

NOTE Confidence: 0.91516334

00:18:07.030 --> 00:18:09.986 as you can from the back to your font.

NOTE Confidence: 0.91516334

00:18:09.990 --> 00:18:12.274 Using your whole hand,

NOTE Confidence: 0.91516334

00:18:12.274 --> 00:18:15.129 pressing in with your fingers.

NOTE Confidence: 0.91516334

00:18:15.130 --> 00:18:16.718 And bring it forward.

NOTE Confidence: 0.87782836

00:18:18.830 --> 00:18:21.142 Practice important as we do this as your

NOTE Confidence: 0.87782836

00:18:21.142 --> 00:18:23.306 body starts to circulate as this as you

NOTE Confidence: 0.87782836

00:18:23.306 --> 00:18:25.500 can feel the blood flow kind of moving,

NOTE Confidence: 0.87782836

00:18:25.500 --> 00:18:27.144 you're going to feel almost like

NOTE Confidence: 0.87782836

00:18:27.144 --> 00:18:29.119 a need to take a deep breath.

NOTE Confidence: 0.87782836

00:18:29.120 --> 00:18:30.776 So go ahead and do that.

NOTE Confidence: 0.87782836

00:18:30.780 --> 00:18:32.532 Listen to your body.

NOTE Confidence: 0.87782836

00:18:32.532 --> 00:18:34.284 And continue your breath.

NOTE Confidence: 0.80921054

00:18:38.920 --> 00:18:40.388 Bring that tissue forward.

NOTE Confidence: 0.80921054

00:18:40.388 --> 00:18:41.856 You could feel it.

NOTE Confidence: 0.80921054

00:18:41.860 --> 00:18:44.506 You feel a little pops and  
NOTE Confidence: 0.80921054

00:18:44.506 --> 00:18:47.000 little movement of the tissue.  
NOTE Confidence: 0.80921054

00:18:47.000 --> 00:18:49.656 And never be afraid to work on yourself.  
NOTE Confidence: 0.894404

00:18:52.090 --> 00:18:54.568 And again, we're going to take that  
NOTE Confidence: 0.894404

00:18:54.568 --> 00:18:57.125 movement from the top of the neck  
NOTE Confidence: 0.894404

00:18:57.125 --> 00:18:58.905 down towards the shoulder joint.  
NOTE Confidence: 0.894404

00:18:58.910 --> 00:19:00.926 Again, this is a strong muscle,  
NOTE Confidence: 0.894404

00:19:00.930 --> 00:19:03.962 so you could use whatever part of the  
NOTE Confidence: 0.894404

00:19:03.962 --> 00:19:06.738 hand that you want the whole hand.  
NOTE Confidence: 0.894404

00:19:06.740 --> 00:19:10.310 All the fingers. To move that tissue.  
NOTE Confidence: 0.80235755

00:19:13.820 --> 00:19:15.938 And little circles again pet ruszaj  
NOTE Confidence: 0.80235755

00:19:15.938 --> 00:19:18.300 with the tips of your fingers,  
NOTE Confidence: 0.80235755

00:19:18.300 --> 00:19:22.575 the kneading motion as far back as you could  
NOTE Confidence: 0.80235755

00:19:22.575 --> 00:19:26.657 reach even up to your neck a little bit.  
NOTE Confidence: 0.80235755

00:19:26.660 --> 00:19:29.040 Make that kneading motion.  
NOTE Confidence: 0.80235755

00:19:29.040 --> 00:19:32.610 You could really feel beautiful release.

NOTE Confidence: 0.80235755

00:19:32.610 --> 00:19:36.840 Excellent. Good, so that's how we

NOTE Confidence: 0.80235755

00:19:36.840 --> 00:19:38.870 can engage and activate an release.

NOTE Confidence: 0.80235755

00:19:38.870 --> 00:19:40.460 The tension in our shoulders.

NOTE Confidence: 0.80235755

00:19:40.460 --> 00:19:43.034 And as you do this on your own use

NOTE Confidence: 0.80235755

00:19:43.034 --> 00:19:45.568 as much time as you need today,

NOTE Confidence: 0.80235755

00:19:45.570 --> 00:19:47.165 we want to move through

NOTE Confidence: 0.80235755

00:19:47.165 --> 00:19:48.760 different parts of the body,

NOTE Confidence: 0.80235755

00:19:48.760 --> 00:19:51.192 so we're going to we're going to keep

NOTE Confidence: 0.80235755

00:19:51.192 --> 00:19:53.771 it going here now and we're going to

NOTE Confidence: 0.80235755

00:19:53.771 --> 00:19:56.398 move to the clavicle or the show or

NOTE Confidence: 0.80235755

00:19:56.398 --> 00:19:58.736 the collarbone here now, the clavicle.

NOTE Confidence: 0.80235755

00:19:58.736 --> 00:20:01.874 Can get contracted with little trigger

NOTE Confidence: 0.80235755

00:20:01.874 --> 00:20:05.086 points and we don't even realize it.

NOTE Confidence: 0.80235755

00:20:05.090 --> 00:20:07.120 With you, if you're the type of

NOTE Confidence: 0.80235755

00:20:07.120 --> 00:20:08.959 person that hold your breath in.

NOTE Confidence: 0.80235755



00:20:08.960 --> 00:20:10.166 When you're tense,  
NOTE Confidence: 0.80235755

00:20:10.166 --> 00:20:12.578 you hold it in your contracting.  
NOTE Confidence: 0.80235755

00:20:12.580 --> 00:20:14.590 All of these muscles here,  
NOTE Confidence: 0.80235755

00:20:14.590 --> 00:20:18.146 and sometimes we're not aware of that.  
NOTE Confidence: 0.80235755

00:20:18.150 --> 00:20:21.125 So you just take a moment here.  
NOTE Confidence: 0.80235755

00:20:21.130 --> 00:20:21.786 And again,  
NOTE Confidence: 0.80235755

00:20:21.786 --> 00:20:23.426 this is a sensitive area,  
NOTE Confidence: 0.80235755

00:20:23.430 --> 00:20:26.430 so we don't want to use too much  
NOTE Confidence: 0.80235755

00:20:26.430 --> 00:20:29.054 pressure with the tips of our  
NOTE Confidence: 0.80235755

00:20:29.054 --> 00:20:30.846 fingers is usually adequate.  
NOTE Confidence: 0.80235755

00:20:30.850 --> 00:20:32.002 So start here.  
NOTE Confidence: 0.80235755

00:20:32.002 --> 00:20:34.306 At the sternum and just make  
NOTE Confidence: 0.80235755

00:20:34.306 --> 00:20:36.917 little circles underneath the bone.  
NOTE Confidence: 0.80235755

00:20:36.920 --> 00:20:40.384 You don't want to go on the bone.  
NOTE Confidence: 0.80235755

00:20:40.390 --> 00:20:43.730 But why under the collarbone?  
NOTE Confidence: 0.80235755

00:20:43.730 --> 00:20:48.170 Outwards the joint of your shoulder,

NOTE Confidence: 0.80235755

00:20:48.170 --> 00:20:50.756 little circles and press in against.

NOTE Confidence: 0.80235755

00:20:50.760 --> 00:20:53.970 You want to feel that release.

NOTE Confidence: 0.80235755

00:20:53.970 --> 00:20:56.320 You do want to feel.

NOTE Confidence: 0.80235755

00:20:56.320 --> 00:20:58.136 He wanted to feel it's going to be

NOTE Confidence: 0.80235755

00:20:58.136 --> 00:21:00.349 a little tender, a little sensitive.

NOTE Confidence: 0.80235755

00:21:00.349 --> 00:21:03.007 But we're activating the soft tissue.

NOTE Confidence: 0.79967463

00:21:08.000 --> 00:21:10.856 And now above right above the collarbone,

NOTE Confidence: 0.79967463

00:21:10.860 --> 00:21:12.910 again not on the collarbone,

NOTE Confidence: 0.79967463

00:21:12.910 --> 00:21:15.766 but wait about it tender tender here.

NOTE Confidence: 0.79967463

00:21:15.770 --> 00:21:18.626 So just be very gentle with yourself.

NOTE Confidence: 0.79967463

00:21:18.630 --> 00:21:22.032 The tip of your finger is

NOTE Confidence: 0.79967463

00:21:22.032 --> 00:21:24.300 probably all you need.

NOTE Confidence: 0.79967463

00:21:24.300 --> 00:21:27.520 This president.

NOTE Confidence: 0.79967463

00:21:27.520 --> 00:21:30.608 Just feel the release as you press it.

NOTE Confidence: 0.79967463

00:21:30.610 --> 00:21:33.538 Even just holding here is enough

NOTE Confidence: 0.79967463

00:21:33.538 --> 00:21:35.490 to create a release.  
NOTE Confidence: 0.79967463

00:21:35.490 --> 00:21:38.118 Just press and hold and breathe.  
NOTE Confidence: 0.88918585

00:21:43.650 --> 00:21:46.270 Just very gently move along.  
NOTE Confidence: 0.76217544

00:21:59.290 --> 00:22:02.025 Just above the collarbone and  
NOTE Confidence: 0.76217544

00:22:02.025 --> 00:22:04.929 just out. Torture shoulder joint.  
NOTE Confidence: 0.9135733

00:22:08.190 --> 00:22:09.080 Excellent.  
NOTE Confidence: 0.85025114

00:22:11.440 --> 00:22:13.240 Discontinue the breath.  
NOTE Confidence: 0.8624292

00:22:15.330 --> 00:22:18.788 When you get to the shoulder too.  
NOTE Confidence: 0.8624292

00:22:18.790 --> 00:22:21.718 We can practice a little bit of that  
NOTE Confidence: 0.8624292

00:22:21.718 --> 00:22:23.468 circular friction at the joints.  
NOTE Confidence: 0.8624292

00:22:23.470 --> 00:22:25.630 So why did the shoulder bone?  
NOTE Confidence: 0.8624292

00:22:25.630 --> 00:22:28.430 You could take a finger or two  
NOTE Confidence: 0.8624292

00:22:28.430 --> 00:22:31.000 and you could actually feel.  
NOTE Confidence: 0.8624292

00:22:31.000 --> 00:22:34.740 The bones. And the muscle.  
NOTE Confidence: 0.8624292

00:22:34.740 --> 00:22:36.888 At the joint.  
NOTE Confidence: 0.8624292

00:22:36.890 --> 00:22:41.486 And just slowly work around it.

NOTE Confidence: 0.8624292

00:22:41.490 --> 00:22:45.508 Pressing him with a couple of fingers.

NOTE Confidence: 0.8624292

00:22:45.510 --> 00:22:46.779 Just to create.

NOTE Confidence: 0.8448382

00:22:49.230 --> 00:22:52.030 A little bit of friction.

NOTE Confidence: 0.8448382

00:22:52.030 --> 00:22:55.270 Circulation and release.

NOTE Confidence: 0.8634063

00:22:57.620 --> 00:23:01.500 And again we want to do that on both sides.

NOTE Confidence: 0.8634063

00:23:01.500 --> 00:23:02.436 Circular friction,

NOTE Confidence: 0.8634063

00:23:02.436 --> 00:23:05.712 couple of fingers just around the joints.

NOTE Confidence: 0.8634063

00:23:05.720 --> 00:23:07.616 And this could be done at any joint.

NOTE Confidence: 0.8634063

00:23:07.620 --> 00:23:09.286 This could be done at your wrists.

NOTE Confidence: 0.8634063

00:23:09.290 --> 00:23:10.956 This can be done at your knees,

NOTE Confidence: 0.8634063

00:23:10.960 --> 00:23:11.802 your ankles.

NOTE Confidence: 0.8634063

00:23:11.802 --> 00:23:14.749 Just a little bit of circular friction.

NOTE Confidence: 0.8634063

00:23:14.750 --> 00:23:17.340 Sometimes on the front here.

NOTE Confidence: 0.8634063

00:23:17.340 --> 00:23:18.930 He felt a little extra something,

NOTE Confidence: 0.8634063

00:23:18.930 --> 00:23:21.189 or you could be on the back and just

NOTE Confidence: 0.8634063

00:23:21.189 --> 00:23:23.197 take a few extra minutes there when  
NOTE Confidence: 0.8634063

00:23:23.197 --> 00:23:25.490 you feel like a little tenderness.  
NOTE Confidence: 0.8634063

00:23:25.490 --> 00:23:27.078 A little muscular discomfort.  
NOTE Confidence: 0.8634063

00:23:27.078 --> 00:23:30.558 Spend a little bit more time on those spots.  
NOTE Confidence: 0.8886514

00:23:33.130 --> 00:23:34.600 Good, excellent.  
NOTE Confidence: 0.87537134

00:23:37.210 --> 00:23:40.750 Again, take a deep breath.  
NOTE Confidence: 0.87537134

00:23:40.750 --> 00:23:43.423 We want to be aware we want to be  
NOTE Confidence: 0.87537134

00:23:43.423 --> 00:23:45.632 aware of our body, aware of how  
NOTE Confidence: 0.87537134

00:23:45.632 --> 00:23:47.456 we're feeling aware of our breath.  
NOTE Confidence: 0.833082

00:23:49.940 --> 00:23:54.110 K so now we're going to move to the forearms.  
NOTE Confidence: 0.833082

00:23:54.110 --> 00:23:55.754 Now the forms again.  
NOTE Confidence: 0.833082

00:23:55.754 --> 00:23:59.110 This is another area that does get tight.  
NOTE Confidence: 0.833082

00:23:59.110 --> 00:24:01.618 It gets tight, it gets contracted,  
NOTE Confidence: 0.833082

00:24:01.620 --> 00:24:05.460 but sometimes we're not aware of it until  
NOTE Confidence: 0.833082

00:24:05.460 --> 00:24:08.955 we actually feel it and press on there.  
NOTE Confidence: 0.833082

00:24:08.960 --> 00:24:10.872 So in this area.

NOTE Confidence: 0.833082  
00:24:10.872 --> 00:24:13.740 It's short is a strong muscles,  
NOTE Confidence: 0.833082  
00:24:13.740 --> 00:24:15.510 so we could do a.  
NOTE Confidence: 0.833082  
00:24:15.510 --> 00:24:19.206 You are pet ruszaj here that kneading motion,  
NOTE Confidence: 0.833082  
00:24:19.210 --> 00:24:22.502 pressing in and around.  
NOTE Confidence: 0.833082  
00:24:22.502 --> 00:24:25.794 Pressing in and around.  
NOTE Confidence: 0.833082  
00:24:25.800 --> 00:24:28.140 We can do some deep  
NOTE Confidence: 0.833082  
00:24:28.140 --> 00:24:30.480 pressure work and glide up.  
NOTE Confidence: 0.8606507  
00:24:34.610 --> 00:24:37.345 Sometimes you use the edge  
NOTE Confidence: 0.8606507  
00:24:37.345 --> 00:24:40.080 of your finger press down.  
NOTE Confidence: 0.8606507  
00:24:40.080 --> 00:24:42.438 Into the soft tissue an up.  
NOTE Confidence: 0.8658988  
00:24:44.780 --> 00:24:46.988 Just move around. You could actually  
NOTE Confidence: 0.8658988  
00:24:46.988 --> 00:24:48.843 sometimes even feel the tendons  
NOTE Confidence: 0.8658988  
00:24:48.843 --> 00:24:51.188 move a little bit, which is good.  
NOTE Confidence: 0.8642746  
00:24:54.290 --> 00:24:56.032 And as you activate releases, soft tissue,  
NOTE Confidence: 0.8642746  
00:24:56.032 --> 00:24:57.880 you'll feel a tendency to take a deep  
NOTE Confidence: 0.8642746

00:24:57.935 --> 00:24:59.645 breath this weekend at the shoulders,  
NOTE Confidence: 0.8642746

00:24:59.650 --> 00:25:02.450 and you want to you want to do that as well.  
NOTE Confidence: 0.9034475

00:25:04.640 --> 00:25:07.808 K on the inside of your arm here.  
NOTE Confidence: 0.9034475

00:25:07.810 --> 00:25:12.499 The same you want to just move that tissue?  
NOTE Confidence: 0.9034475

00:25:12.500 --> 00:25:15.452 Our movements we want to do towards the heart.  
NOTE Confidence: 0.9034475

00:25:15.460 --> 00:25:18.276 So rather than going down to the rest  
NOTE Confidence: 0.9034475

00:25:18.276 --> 00:25:21.360 we want to go up upwards motion so  
NOTE Confidence: 0.9034475

00:25:21.360 --> 00:25:23.759 it's up around towards the heart.  
NOTE Confidence: 0.9034475

00:25:23.760 --> 00:25:27.036 So activating our circulatory system here.  
NOTE Confidence: 0.9319812

00:25:30.050 --> 00:25:33.922 Good. An interesting how the forum can  
NOTE Confidence: 0.9319812

00:25:33.922 --> 00:25:35.830 give you a surprisingly good release.  
NOTE Confidence: 0.9319812

00:25:35.830 --> 00:25:37.360 'cause again, like we don't.  
NOTE Confidence: 0.9319812

00:25:37.360 --> 00:25:40.096 We're not like, oh I have a sore forearm.  
NOTE Confidence: 0.9319812

00:25:40.100 --> 00:25:43.150 We don't often feel like that but but we do.  
NOTE Confidence: 0.9319812

00:25:43.150 --> 00:25:44.680 It gets it gets tight.  
NOTE Confidence: 0.9319812

00:25:44.680 --> 00:25:47.320 We use our arms quite a bit so

NOTE Confidence: 0.9319812

00:25:47.320 --> 00:25:50.160 this is a good part of the body.

NOTE Confidence: 0.9319812

00:25:50.160 --> 00:25:53.002 To do a conscious effort to release

NOTE Confidence: 0.9319812

00:25:53.002 --> 00:25:55.799 so again move to your other arm.

NOTE Confidence: 0.9319812

00:25:55.800 --> 00:25:58.490 So we create a balance.

NOTE Confidence: 0.9319812

00:25:58.490 --> 00:26:00.238 Moving a soft tissue.

NOTE Confidence: 0.73422444

00:26:02.470 --> 00:26:04.318 And continuing the breath.

NOTE Confidence: 0.65287304

00:26:07.830 --> 00:26:09.858 Could be petrissage kneading

NOTE Confidence: 0.65287304

00:26:09.858 --> 00:26:11.886 motion with your hand.

NOTE Confidence: 0.84261715

00:26:15.840 --> 00:26:18.920 Or it could be that deeper work where

NOTE Confidence: 0.84261715

00:26:18.920 --> 00:26:21.986 we take the wage of our finger and

NOTE Confidence: 0.84261715

00:26:21.986 --> 00:26:24.830 push in and push up for release.

NOTE Confidence: 0.8248143

00:26:29.350 --> 00:26:30.140 Good.

NOTE Confidence: 0.8301045

00:26:32.880 --> 00:26:35.238 Matt again to the inside.

NOTE Confidence: 0.85443354

00:26:37.440 --> 00:26:39.318 Continue your breath.

NOTE Confidence: 0.92501825

00:26:43.830 --> 00:26:44.670 Excellent.

NOTE Confidence: 0.90071285



00:26:46.810 --> 00:26:49.858 Excellent good work and again we  
NOTE Confidence: 0.90071285

00:26:49.858 --> 00:26:54.539 have a joint here. At the elbow.  
NOTE Confidence: 0.90071285

00:26:54.540 --> 00:26:58.056 So circular friction at any joint  
NOTE Confidence: 0.90071285

00:26:58.056 --> 00:27:01.260 is always helpful and useful.  
NOTE Confidence: 0.90071285

00:27:01.260 --> 00:27:02.820 And that's where we can just  
NOTE Confidence: 0.90071285

00:27:02.820 --> 00:27:04.340 kind of use one finger.  
NOTE Confidence: 0.90071285

00:27:04.340 --> 00:27:06.020 Just don't be afraid to feel  
NOTE Confidence: 0.90071285

00:27:06.020 --> 00:27:07.700 what's going on under the skin,  
NOTE Confidence: 0.90071285

00:27:07.700 --> 00:27:09.100 'cause you could feel it.  
NOTE Confidence: 0.90071285

00:27:09.100 --> 00:27:10.500 You could feel your bones,  
NOTE Confidence: 0.90071285

00:27:10.500 --> 00:27:11.900 you could feel your tendons.  
NOTE Confidence: 0.90071285

00:27:11.900 --> 00:27:15.578 You could feel the soft tissue.  
NOTE Confidence: 0.90071285

00:27:15.580 --> 00:27:18.756 So just a little bit of joint release.  
NOTE Confidence: 0.90071285

00:27:18.760 --> 00:27:24.140 On the elbow. Excellent.  
NOTE Confidence: 0.90071285

00:27:24.140 --> 00:27:26.651 So now we're going to move on to the  
NOTE Confidence: 0.90071285

00:27:26.651 --> 00:27:28.910 legs and feet for the lower body,

NOTE Confidence: 0.90071285

00:27:28.910 --> 00:27:31.086 so I'm going to try to adjust my

NOTE Confidence: 0.90071285

00:27:31.086 --> 00:27:33.376 screen so this is effective for you.

NOTE Confidence: 0.90071285

00:27:33.380 --> 00:27:38.410 May just step back a bit OK. So.

NOTE Confidence: 0.90071285

00:27:38.410 --> 00:27:43.246 Oftentimes our shins, actually our shins,

NOTE Confidence: 0.90071285

00:27:43.250 --> 00:27:49.690 get very, very tight. I'm very tense.

NOTE Confidence: 0.90071285

00:27:49.690 --> 00:27:51.598 So this is a wonderful area.

NOTE Confidence: 0.90071285

00:27:51.600 --> 00:27:53.520 Again, we're going to work upwards.

NOTE Confidence: 0.90071285

00:27:53.520 --> 00:27:55.794 We're going to work from the

NOTE Confidence: 0.90071285

00:27:55.794 --> 00:27:57.780 ankle up towards our knee.

NOTE Confidence: 0.90071285

00:27:57.780 --> 00:28:01.036 So just take the tips of your fingers

NOTE Confidence: 0.90071285

00:28:01.036 --> 00:28:03.977 and really press in their press in.

NOTE Confidence: 0.90071285

00:28:03.980 --> 00:28:07.276 You don't want to be on the bone.

NOTE Confidence: 0.90071285

00:28:07.280 --> 00:28:09.740 You could obviously feel the bone

NOTE Confidence: 0.90071285

00:28:09.740 --> 00:28:12.650 here and you could feel bone here,

NOTE Confidence: 0.90071285

00:28:12.650 --> 00:28:16.367 but around the bone is all the soft tissue.

NOTE Confidence: 0.90071285

00:28:16.370 --> 00:28:18.014 There's tendons, there's muscle,  
NOTE Confidence: 0.90071285

00:28:18.014 --> 00:28:22.218 there's fascia, and we want to move it.  
NOTE Confidence: 0.90071285

00:28:22.220 --> 00:28:24.638 To just get the circulation going,  
NOTE Confidence: 0.90071285

00:28:24.640 --> 00:28:27.260 get the blood flow moving.  
NOTE Confidence: 0.90071285

00:28:27.260 --> 00:28:30.004 So here are our links are pretty tough.  
NOTE Confidence: 0.90071285

00:28:30.010 --> 00:28:31.586 You could even use.  
NOTE Confidence: 0.90071285

00:28:31.586 --> 00:28:35.150 That the flat part here of your fingers,  
NOTE Confidence: 0.90071285

00:28:35.150 --> 00:28:39.616 and you can press in and up.  
NOTE Confidence: 0.90071285

00:28:39.620 --> 00:28:41.732 Please even up and just feel  
NOTE Confidence: 0.90071285

00:28:41.732 --> 00:28:44.120 the release of the soft tissue.  
NOTE Confidence: 0.84544677

00:28:47.120 --> 00:28:48.572 You can again want to continue  
NOTE Confidence: 0.84544677

00:28:48.572 --> 00:28:49.900 being conscious of your breath.  
NOTE Confidence: 0.84544677

00:28:49.900 --> 00:28:52.455 You don't want to take deep breaths  
NOTE Confidence: 0.84544677

00:28:52.455 --> 00:28:54.968 and please go ahead and do that.  
NOTE Confidence: 0.84544677

00:28:54.970 --> 00:28:58.054 Aponi again, we could do our  
NOTE Confidence: 0.84544677

00:28:58.054 --> 00:29:00.641 circular friction around the knee

NOTE Confidence: 0.84544677

00:29:00.641 --> 00:29:03.269 with the tips of our fingers.

NOTE Confidence: 0.84544677

00:29:03.270 --> 00:29:06.825 And then right here on both sides of the

NOTE Confidence: 0.84544677

00:29:06.825 --> 00:29:10.148 bone, he could get very, very tender.

NOTE Confidence: 0.84544677

00:29:10.150 --> 00:29:13.489 So with the tips of your fingers.

NOTE Confidence: 0.84544677

00:29:13.490 --> 00:29:19.349 Just little circles pressing up and in.

NOTE Confidence: 0.84544677

00:29:19.350 --> 00:29:23.134 You may feel bumpy little bumps in there.

NOTE Confidence: 0.84544677

00:29:23.140 --> 00:29:26.490 Well, that hesione's in there.

NOTE Confidence: 0.84544677

00:29:26.490 --> 00:29:28.548 It's cool head and release them.

NOTE Confidence: 0.86972994

00:29:31.280 --> 00:29:33.688 And as you do this work on

NOTE Confidence: 0.86972994

00:29:33.688 --> 00:29:36.358 your own in the days to come,

NOTE Confidence: 0.86972994

00:29:36.360 --> 00:29:38.538 spend extra time like when you

NOTE Confidence: 0.86972994

00:29:38.538 --> 00:29:40.716 feel a little, a little adhesion,

NOTE Confidence: 0.86972994

00:29:40.716 --> 00:29:42.526 a little bumpy spot there.

NOTE Confidence: 0.86972994

00:29:42.530 --> 00:29:44.708 Just spend a few extra minutes.

NOTE Confidence: 0.86972994

00:29:44.710 --> 00:29:46.162 If it's super tender,

NOTE Confidence: 0.86972994

00:29:46.162 --> 00:29:47.614 light in your pressure.  
NOTE Confidence: 0.86972994

00:29:47.620 --> 00:29:51.697 Sometimes all you need is to hold the area.  
NOTE Confidence: 0.86972994

00:29:51.700 --> 00:29:53.800 Just to hold it for release.  
NOTE Confidence: 0.8744607

00:29:56.060 --> 00:29:59.330 Excellent. So keeping our balance,  
NOTE Confidence: 0.8744607

00:29:59.330 --> 00:30:04.258 we want to move to the other leg.  
NOTE Confidence: 0.8744607

00:30:04.260 --> 00:30:07.725 And do the same sort of release.  
NOTE Confidence: 0.48195314

00:30:10.940 --> 00:30:11.640 Take.  
NOTE Confidence: 0.836621314666667

00:30:14.040 --> 00:30:17.592 The inner. Part of your fingers  
NOTE Confidence: 0.836621314666667

00:30:17.592 --> 00:30:21.979 and just give a good press up  
NOTE Confidence: 0.836621314666667

00:30:21.979 --> 00:30:25.130 and around. This field release.  
NOTE Confidence: 0.8957323

00:30:29.260 --> 00:30:33.060 Excellent. Excellent,  
NOTE Confidence: 0.8957323

00:30:33.060 --> 00:30:36.860 continue the controlled breathing.  
NOTE Confidence: 0.8957323

00:30:36.860 --> 00:30:39.140 Excellent. And again,  
NOTE Confidence: 0.8957323

00:30:39.140 --> 00:30:42.940 we can do little circles.  
NOTE Confidence: 0.8957323

00:30:42.940 --> 00:30:45.370 On both sides of the bullmer.  
NOTE Confidence: 0.6575907

00:30:51.740 --> 00:30:52.390 Good.

NOTE Confidence: 0.76482916

00:30:56.970 --> 00:31:00.506 And release around the joints of the knee.

NOTE Confidence: 0.76321346

00:31:02.790 --> 00:31:04.770 Think about what you're feeling.

NOTE Confidence: 0.76321346

00:31:04.770 --> 00:31:10.838 You feel the bone. You feel the tendons.

NOTE Confidence: 0.76321346

00:31:10.840 --> 00:31:14.056 The tendons attach the muscle to the bone.

NOTE Confidence: 0.8022391

00:31:17.710 --> 00:31:20.838 The ligaments attached the bone to the bone.

NOTE Confidence: 0.7173138

00:31:26.060 --> 00:31:30.360 Good. And up and around.

NOTE Confidence: 0.88712806

00:31:33.560 --> 00:31:35.230 Beautiful very very good work.

NOTE Confidence: 0.88712806

00:31:35.230 --> 00:31:36.566 This is, you know,

NOTE Confidence: 0.88712806

00:31:36.566 --> 00:31:38.570 a conscious effort that you're making,

NOTE Confidence: 0.88712806

00:31:38.570 --> 00:31:41.322 and I thank you so much for taking

NOTE Confidence: 0.88712806

00:31:41.322 --> 00:31:44.154 the time to learn this and to do

NOTE Confidence: 0.88712806

00:31:44.154 --> 00:31:46.570 this and to improve your health.

NOTE Confidence: 0.88712806

00:31:46.570 --> 00:31:50.514 I'm going to end their soft tissue release

NOTE Confidence: 0.88712806

00:31:50.514 --> 00:31:54.247 with work around the neck and the jaw.

NOTE Confidence: 0.88712806

00:31:54.250 --> 00:31:55.601 So you may want to take another

NOTE Confidence: 0.88712806

00:31:55.601 --> 00:31:56.760 sip of water if you have.  
NOTE Confidence: 0.8608257

00:32:01.360 --> 00:32:05.496 So we hold quite a bit of tension.  
NOTE Confidence: 0.8608257

00:32:05.500 --> 00:32:09.040 It aren't Mac in our job.  
NOTE Confidence: 0.8608257

00:32:09.040 --> 00:32:10.510 Sometimes when we sleep course,  
NOTE Confidence: 0.8608257

00:32:10.510 --> 00:32:12.421 we sometimes grind your teeth or throughout  
NOTE Confidence: 0.8608257

00:32:12.421 --> 00:32:14.918 the day if something is causing us anxiety,  
NOTE Confidence: 0.8608257

00:32:14.920 --> 00:32:17.566 we don't want to yell or scream about it,  
NOTE Confidence: 0.8608257

00:32:17.570 --> 00:32:19.658 so we kind of hold it in and  
NOTE Confidence: 0.8608257

00:32:19.658 --> 00:32:21.389 we don't even realize it.  
NOTE Confidence: 0.8608257

00:32:21.390 --> 00:32:22.272 We stay quiet,  
NOTE Confidence: 0.8608257

00:32:22.272 --> 00:32:24.330 but our body is feeling the effects,  
NOTE Confidence: 0.8608257

00:32:24.330 --> 00:32:27.594 so this is an important release for you.  
NOTE Confidence: 0.8608257

00:32:27.600 --> 00:32:31.227 OK, So what we're going to do today is.  
NOTE Confidence: 0.8608257

00:32:31.230 --> 00:32:34.358 When it take to start the tips of  
NOTE Confidence: 0.8608257

00:32:34.358 --> 00:32:37.321 our fingers and wait at the base of  
NOTE Confidence: 0.8608257

00:32:37.321 --> 00:32:40.280 your ear on both sides right here.

NOTE Confidence: 0.8608257

00:32:40.280 --> 00:32:44.408 Just gently press in.

NOTE Confidence: 0.8608257

00:32:44.410 --> 00:32:46.410 And start to make circles.

NOTE Confidence: 0.8524722

00:32:48.740 --> 00:32:51.866 Now your circles could get bigger.

NOTE Confidence: 0.8524722

00:32:51.870 --> 00:32:55.740 Little by little, both circles could

NOTE Confidence: 0.8524722

00:32:55.740 --> 00:32:58.610 expand. Until you're activating.

NOTE Confidence: 0.7386541

00:33:00.790 --> 00:33:02.248 Your job muscle.

NOTE Confidence: 0.91436315

00:33:05.250 --> 00:33:08.170 You could start to use the tips of

NOTE Confidence: 0.91436315

00:33:08.170 --> 00:33:11.140 all your fingers now. Unprecedented.

NOTE Confidence: 0.92648584

00:33:13.300 --> 00:33:15.530 You could open your mouth.

NOTE Confidence: 0.92648584

00:33:15.530 --> 00:33:18.826 And the more you press in all the

NOTE Confidence: 0.92648584

00:33:18.826 --> 00:33:21.518 sudden you're up, you're gonna feel it.

NOTE Confidence: 0.92648584

00:33:21.518 --> 00:33:24.889 Eight in a field that type muscle there.

NOTE Confidence: 0.9169519

00:33:28.980 --> 00:33:31.756 And you want to try to release it.

NOTE Confidence: 0.9169519

00:33:31.760 --> 00:33:35.239 Now you can use your pointer finger.

NOTE Confidence: 0.9169519

00:33:35.240 --> 00:33:37.245 The whole finger, open your

NOTE Confidence: 0.9169519



00:33:37.245 --> 00:33:39.560 mouth a little and press in.  
NOTE Confidence: 0.8605853

00:33:42.090 --> 00:33:44.100 Ann, you can really feel  
NOTE Confidence: 0.8605853

00:33:44.100 --> 00:33:46.110 what's going on in there.  
NOTE Confidence: 0.86415064

00:33:48.420 --> 00:33:51.516 As you do as you do so, drop your  
NOTE Confidence: 0.86415064

00:33:51.516 --> 00:33:53.574 shoulders and just maintain your breath.  
NOTE Confidence: 0.9333009

00:33:57.250 --> 00:34:01.960 Excellent. And just keep that going,  
NOTE Confidence: 0.9333009

00:34:01.960 --> 00:34:06.030 pressing up and around. Beautiful.  
NOTE Confidence: 0.8881009

00:34:09.120 --> 00:34:12.165 We're going to continue up here because  
NOTE Confidence: 0.8881009

00:34:12.165 --> 00:34:15.700 this is the temporal mandibular area.  
NOTE Confidence: 0.8881009

00:34:15.700 --> 00:34:18.556 So we worked on Amanda Mandible  
NOTE Confidence: 0.8881009

00:34:18.556 --> 00:34:21.327 and now we're going to go  
NOTE Confidence: 0.8881009

00:34:21.327 --> 00:34:23.637 up here to the temple area.  
NOTE Confidence: 0.8881009

00:34:23.640 --> 00:34:25.416 Well, this muscle gets very tight,  
NOTE Confidence: 0.8881009

00:34:25.420 --> 00:34:28.380 but we do want to be tender with it here.  
NOTE Confidence: 0.8881009

00:34:28.380 --> 00:34:30.445 We don't want to press too hard.  
NOTE Confidence: 0.8881009

00:34:30.450 --> 00:34:34.128 It's nice to use your thumbs.

NOTE Confidence: 0.8881009  
00:34:34.130 --> 00:34:37.616 And just make circles go up from  
NOTE Confidence: 0.8881009  
00:34:37.616 --> 00:34:40.269 the top of your ear.  
NOTE Confidence: 0.8881009  
00:34:40.270 --> 00:34:43.570 And move with little circles.  
NOTE Confidence: 0.8881009  
00:34:43.570 --> 00:34:45.338 Feel your shoulders drop.  
NOTE Confidence: 0.92647463  
00:34:49.110 --> 00:34:53.332 Excellent. And you could take  
NOTE Confidence: 0.92647463  
00:34:53.332 --> 00:34:55.347 the tips of your fingers.  
NOTE Confidence: 0.92647463  
00:34:55.350 --> 00:34:59.564 Come around the tops of your eyebrows.  
NOTE Confidence: 0.92647463  
00:34:59.570 --> 00:35:02.750 Center of your eyebrow.  
NOTE Confidence: 0.92647463  
00:35:02.750 --> 00:35:05.820 Little circles with your finger  
NOTE Confidence: 0.92647463  
00:35:05.820 --> 00:35:08.890 move up your forehead right  
NOTE Confidence: 0.92647463  
00:35:09.003 --> 00:35:12.125 here to the tip of your scalp.  
NOTE Confidence: 0.92647463  
00:35:12.130 --> 00:35:15.988 And we're going to press out.  
NOTE Confidence: 0.92647463  
00:35:15.990 --> 00:35:19.310 With the tips of the fingers  
NOTE Confidence: 0.92647463  
00:35:19.310 --> 00:35:22.080 press and stretch the tissue.  
NOTE Confidence: 0.70450914  
00:35:24.700 --> 00:35:27.920 Breathe as you press out,  
NOTE Confidence: 0.70450914

00:35:27.920 --> 00:35:29.952 working your way down.  
NOTE Confidence: 0.70450914

00:35:29.952 --> 00:35:33.510 When you get to the temples now,  
NOTE Confidence: 0.70450914

00:35:33.510 --> 00:35:35.328 you could go back to the  
NOTE Confidence: 0.70450914

00:35:35.328 --> 00:35:36.540 little circles for release.  
NOTE Confidence: 0.8795395

00:35:38.590 --> 00:35:40.680 And one more weight at  
NOTE Confidence: 0.8795395

00:35:40.680 --> 00:35:42.770 the top of your eyebrows.  
NOTE Confidence: 0.7813566

00:35:48.350 --> 00:35:50.300 Excellent dental clothes  
NOTE Confidence: 0.7813566

00:35:50.300 --> 00:35:52.900 are soft tissue release.  
NOTE Confidence: 0.7813566

00:35:52.900 --> 00:35:55.468 Take the tips of your fingers  
NOTE Confidence: 0.7813566

00:35:55.468 --> 00:35:57.180 and just give yourself.  
NOTE Confidence: 0.7813566

00:35:57.180 --> 00:36:00.204 Nice little scalp release.  
NOTE Confidence: 0.7813566

00:36:00.204 --> 00:36:03.984 Almost like somebody at the  
NOTE Confidence: 0.7813566

00:36:03.984 --> 00:36:07.770 salon is showering your hair.  
NOTE Confidence: 0.7813566

00:36:07.770 --> 00:36:09.882 And they're giving you  
NOTE Confidence: 0.7813566

00:36:09.882 --> 00:36:11.994 a nice extra little.  
NOTE Confidence: 0.7813566

00:36:12.000 --> 00:36:13.680 Scalp massage

NOTE Confidence: 0.9257553

00:36:16.510 --> 00:36:19.240 beautiful.

NOTE Confidence: 0.9257553

00:36:19.240 --> 00:36:21.998 At the very tip of your head.

NOTE Confidence: 0.9257553

00:36:22.000 --> 00:36:26.760 Press in with your finger. And move.

NOTE Confidence: 0.9257553

00:36:26.760 --> 00:36:31.020 Akhras the top of your skull.

NOTE Confidence: 0.9257553

00:36:31.020 --> 00:36:34.700 Sometimes it's tender there.

NOTE Confidence: 0.9257553

00:36:34.700 --> 00:36:36.908 Just give it a nice release,

NOTE Confidence: 0.9257553

00:36:36.910 --> 00:36:39.846 can use the tips of all your fingers.

NOTE Confidence: 0.9257553

00:36:39.850 --> 00:36:42.426 This is the Crown of your head.

NOTE Confidence: 0.9257553

00:36:42.430 --> 00:36:45.018 It's very, very significant.

NOTE Confidence: 0.9257553

00:36:45.020 --> 00:36:48.056 Sometimes the Crown of our head.

NOTE Confidence: 0.9257553

00:36:48.060 --> 00:36:51.165 It's closed and this helps to open it up.

NOTE Confidence: 0.8826662

00:36:54.390 --> 00:36:57.456 OK, beautiful thank you all so much.

NOTE Confidence: 0.8826662

00:36:57.460 --> 00:37:00.564 I hope that was helpful for you learning

NOTE Confidence: 0.8826662

00:37:00.564 --> 00:37:03.168 the benefits of controlled breathing.

NOTE Confidence: 0.8826662

00:37:03.170 --> 00:37:05.534 Unawareness of our breath and how

NOTE Confidence: 0.8826662

00:37:05.534 --> 00:37:08.878 to do our own soft tissue release.  
NOTE Confidence: 0.8826662

00:37:08.880 --> 00:37:11.604 These are exercises again that you  
NOTE Confidence: 0.8826662

00:37:11.604 --> 00:37:15.198 can do every day throughout the day.  
NOTE Confidence: 0.8826662

00:37:15.200 --> 00:37:17.972 I'm on your own for improved  
NOTE Confidence: 0.8826662

00:37:17.972 --> 00:37:20.660 health for a positive outlook.  
NOTE Confidence: 0.8826662

00:37:20.660 --> 00:37:23.140 Always continue, obviously with hydration,  
NOTE Confidence: 0.8826662

00:37:23.140 --> 00:37:25.620 lots of water, healthy foods.  
NOTE Confidence: 0.8826662

00:37:25.620 --> 00:37:28.620 Be gentle and patient with yourself  
NOTE Confidence: 0.8826662

00:37:28.620 --> 00:37:31.665 and just always remember that our  
NOTE Confidence: 0.8826662

00:37:31.665 --> 00:37:34.050 progress is counted in moments.  
NOTE Confidence: 0.8826662

00:37:34.050 --> 00:37:37.020 So many things are just moments.  
NOTE Confidence: 0.8826662

00:37:37.020 --> 00:37:38.984 Something amazing can happen  
NOTE Confidence: 0.8826662

00:37:38.984 --> 00:37:42.480 and it's just a moment in time,  
NOTE Confidence: 0.8826662

00:37:42.480 --> 00:37:47.025 but it can give us a lifetime of hapiness.  
NOTE Confidence: 0.8826662

00:37:47.030 --> 00:37:48.942 That moment so just.  
NOTE Confidence: 0.8826662

00:37:48.942 --> 00:37:50.150 Treasure, you know,

NOTE Confidence: 0.8826662

00:37:50.150 --> 00:37:51.610 treasure the moments when

NOTE Confidence: 0.8826662

00:37:51.610 --> 00:37:52.705 something awesome happens.

NOTE Confidence: 0.8826662

00:37:52.710 --> 00:37:53.632 You know.

NOTE Confidence: 0.8826662

00:37:53.632 --> 00:37:55.937 Embrace it, acknowledge it and

NOTE Confidence: 0.8826662

00:37:55.937 --> 00:37:59.098 just let it become part of you.

NOTE Confidence: 0.8826662

00:37:59.100 --> 00:38:01.516 OK so again, thank you all for joining.

NOTE Confidence: 0.8826662

00:38:01.520 --> 00:38:04.540 It was my privilege and honor to be with you.

NOTE Confidence: 0.8826662

00:38:04.540 --> 00:38:07.249 I wish you health and I wish you happiness.

NOTE Confidence: 0.8826662

00:38:07.250 --> 00:38:09.570 I wish you peace and I look forward

NOTE Confidence: 0.8826662

00:38:09.570 --> 00:38:11.477 to working with you again soon,

NOTE Confidence: 0.8826662

00:38:11.480 --> 00:38:12.990 maybe on some guided meditation.

NOTE Confidence: 0.8826662

00:38:12.990 --> 00:38:15.936 OK, take care and be well.