

Marie Young Meditation & More

Remember: Pandiculation! Yawn and Stretch whenever you can.

Fascia—net throughout your entire body that holds all your organs and muscles together. Needs to be watered and stretched.

******Use caution and your best judgement with all of these exercises. Take it slow to start and always slow down or stop if you need to. Check in with yourself always.******

Recognize the signs that it's working:

- ❖ Swallow
- ❖ Yawn
- ❖ Sigh
- ❖ Eyes watering

Exercises:

1. Shake it out—stand up and shake it all out. Don't forget hands and feet.
2. Cat/Cow—flex and extend the spine either on all fours or on your chair. Breathe into the upper back.
3. Intuitive Face/Head Massage

Close your eyes. Begin with gentle pressure and add more firm pressure when your body feels like it.

Massage:

- ❖ Neck—sides, front (be especially gentle on thyroid area), and back.
- ❖ Head—all over the head.
- ❖ Along all the bones of your face. I like to start with my index fingers. Find any hand movement that works for you.
 - Jaw—find the TMJ and massage it. Go to the base of the jaw and massage it.
 - Sinuses—under and above cheekbones, around nose sides and creases.
 - Inner and outer eye (be especially gentle).

If you feel called, research acupressure points L1 (Large Intestine 1, aka “The Golden Bamboo”) and B2 and add them.

4. Hand Stretch—stretch out your hands finger-by-finger. Shake them out when done.
5. Tongue stretch (stick tongue out but stretch it, too); flick tip of tongue to roof of mouth.
6. Raspberries—funny, playful movement of lips.

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