

5 MINUTE ENERGY TONIC & TENSION RELIEVER

1. Install Your Intention

Imagine/remember the feeling of something giving you a lift for your mind and spirits and the energy boost it brings. Some examples could be when you've received an unexpected compliment or pay rise, a message from someone who is dear to you or whom you are attracted to, after exercise, when you successfully complete a project,

...

Alternatively find 2-3 trigger words which evoke the feeling you want; energy, vitality, power, focus, clarity, (you need to choose ones which resonate strongly for you).

Inhale a slow deep breath filling the whole of your lungs, as if that lift were dissolved in the air around you, hold it in for 3 seconds, exhale completely imagining tension draining out of your body and mind. Repeat 5x



2. Shoulder Roll and Release



Inhale squeeze your shoulders back and up, exhale rolling them forwards and down 3-5x. Keep the breath slow and rhythmic. Roll them 3-5x the opposite way

3. Neck Stretches



Exhale drop your head forward to stretch the back of your neck. Let it release forwards for 2-3 breaths.

Exhale roll it to the right, inhale to the centre, exhale roll to the left 3-5x.

4. Shoulder Well GB-21 (N. B. Do not do this if you are pregnant)



Locate a tender point about midway between the bone at the tip of your shoulder (acromion) and the prominent vertebra at the base of your neck (C7), on the top edge of the big muscle (trapezius), which runs across the top of the shoulder (where tension often accumulates).



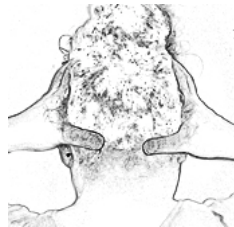
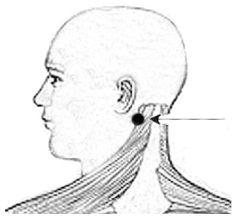
Using opposite hand, rest your elbow against your chest, curl the fingers into a hook and press downwards on the middle of the top edge of the muscle. Try a few places until you find a tender point, then hold it for a few seconds breathing slowly.

4. Head Circles



Imagine your head is loose on your neck like a ball wobbling around on the top of your spine. Pretend there is a long pencil on the top of your head and you are drawing circles on the ceiling. Start with small circles and gradually spiral out, keeping them well within a range that feels smooth, easy and comfortable. Inhale around the back of each circle, exhale around the front. 5 x each way

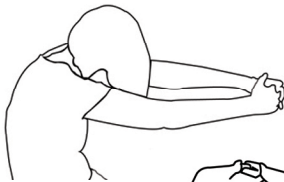
5. 'Celestial Column' Pressure Points



Use your thumbs to press in and upwards under base of back of the skull (occipital bone) close to either side of your spine. Exhale bend your head back onto the pressure of your thumbs, and hold for a moment or two. Bring your head back to neutral. Either repeat 2-3 x or move thumbs slightly outwards, applying pressure in the same way at intervals of

approximately 2cm 2-3x until you reach the bone behind the ear (the mastoid). If a point is sensitive, hold it while breathing slowly and deeply for a few seconds.

6. Shoulder & Spine Stretches (can be done sitting or standing)

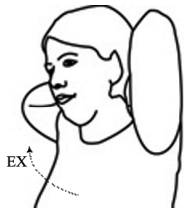


Interlace fingers exhale stretch arms forwards rounding your back to stretch between your shoulder blades.



Inhale turn your palms out and stretch up.

Exhale place hands behind head. Inhale stretch elbows wide apart.

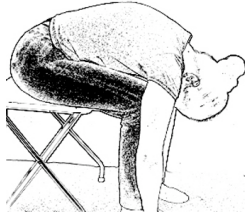


Exhale turn from waist to R, inhale back to centre, exhale to L. Inhale to centre and stretch arms up again.

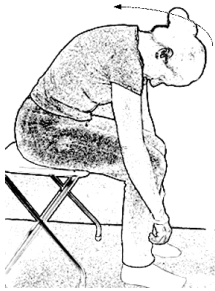


Exhale release arms out and down

Interlace again behind your back, inhale lift your chest, exhale stretching arms back and up. Inhale lift chest



Exhale bend forwards from your hips, release your hands and drop your arms down.



Inhale roll back up to sitting or standing as if stacking the vertebrae one on top of the other.

Repeat changing finger interlock, so the other thumb is on top