# THE BEGINNER'S GUIDE TO FASCIAL MANEUVERS

Ten movements to free your body, mind and spirit.



human garage

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**Co-founders of Human Garage**

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## INTRODUCTION

Human Garage has created a movement philosophy, called fascial maneuvers, that heals the body. In this guide, we have paired the maneuvers with simple and accessible recommendations that can be implemented in your daily life to give you the best results possible with our programs. By the end of this guide, you will have a new understanding of the way your body works, increase your mobility and functionality, and embark on personal journey towards feeling your best.

## WHAT IS HUMAN GARAGE?

Human Garage is a collective dedicated to empowering people to heal themselves. Co-founders Garry Lineham, Cynthia Leavoy, and Jason van Blerk all recognized that the average modern lifestyle is harmful to our health. Between toxic chemicals in food, home and care products, a lack of movement incorporated into everyday life, and poor emotional hygiene, everyone's bodies are in a state of constant stress. If the body is under pressure its normal functioning and healing are impaired.

Garry, who started the original in-person Human Garage clinic, began to seriously evaluate the healthcare model he was working within because he struggled to maintain his own health- even with access to the best care in the world. The clinic had doctors and practitioners from every imaginable discipline. There were acupuncturists, chiropractors, sound healers, physical therapists, fascia specialists, functional medicine doctors, masseuses, and dozens of other healers on staff. They catered to A-list clients, from movie stars to professional athletes. The team was able to provide short-term relief, but the clients always ended up coming back to the clinic with the same persistent

issues. While working as a provider himself, Garry was receiving chiropractic care. His body was unable to hold the adjustments for even 24 hours at a time, so he was being treated every day- often more than once! Garry went out of town for a few days, and without the support of the Human Garage care team his pain levels became unmanageable. Garry realized the clinic was not fulfilling its intended purpose: healing people.

Providing himself and others with a quick pain fix was not what Garry set out to do. Although the clinic was incredibly profitable, it enabled people to continue living dysfunctional lives without correcting the root causes of their discomfort. Garry's own quality of life was dependent on others. He saw that by fixing people, he stripped them of the personal power needed to take ownership of their health. So, in spite of its success, he closed the Human Garage clinic.

Garry moved to Canada to reevaluate the best way to educate people about their bodies and their health. It was there he connected with Cynthia and Jason, who shared his values and believed in empowering individuals to heal themselves. Using their own experimentation, observation, and interdisciplinary knowledge from the clinic, the trio developed the fascial maneuvers. They recognized that any one healthcare system was not capable of providing a universal solution. The fascial maneuvers were cultivated by taking the most effective parts of every branch of body work and putting them together in a cohesive, all-encompassing movement practice.

The maneuvers are perpetually growing and changing. As Human Garage learns more about fascia through research and experience, our understanding of what is most beneficial to the body expands. We choose to explore the body with an open mind, untethered to any one belief system. The philosophy is based on the trial and error process of the founders as they worked to heal their own bodies. While improving themselves, the members of Human Garage simultaneously shared their discoveries. They found that fascial maneuvers positively impacted the lives of millions. Integration of a variety of truths and individual exploration of the maneuvers is why the movement philosophy has successfully changed the lives of so many people, freeing them from pain and disease.

## OUR BELIEFS

1. The human body is designed to heal itself.
2. Awareness of unconscious behaviors is the first step in a full life transformation.

3. Belief, intention, and perception are the most influential forces on the human body.
4. Stored emotion is the primary source of disease and dysfunction.
5. Power to change your body and your life belongs to you.
6. Fascial maneuvers activate the body's natural healing and growth processes.
7. Bodies adapt to their environment. The more extreme your environmental conditions, the more extreme your adaptions will be.
8. A diagnosis is a limited label that recognizes bodily symptoms but ignores their root cause. While a diagnosis can be helpful in many cases, it can also trap individuals in a box through over-identification with their symptoms. This can limit the healing process and the effectiveness of treatment by self or practitioners.

## PROGRESSION OF FASCIAL EDUCATION

First, we want to present and explain the foundations of the fascial maneuvers. Understanding the premise for each movement is important for when you eventually begin to create your own fascial maneuvers. Once you master the philosophy, you can use it in your own unique way.

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Then, we will go through each fascial maneuver. The first three, Palate Swipe, Totally Twisted, and Antigravity, make up the **15-minute Stress Reset**. They are essential for taking the body out of fight-or-flight mode and preparing the fascia to unwind. If you haven't had the chance to watch the video taking you through the Stress Reset, watch it here now:

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The rest of the fascial maneuvers in the guide compose the **Full Body Reset**. The video taking you through the Full Body Reset can be found here: After completing this reset, you will have decompressed all three fascial zones.

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We have found that the body heals itself the fastest when you practice the maneuvers each day. Human Garage has a series of programs following the Full Body Reset that build off of each other. After you read this guide, you will be prepared for the 3-day Reset, after which follows the 7-day Reset and the 28-day Full Life Reset. Once you have completed these programs, we open the application to our Lifestyle Artist class to you. Those who successfully complete the Lifestyle Artist class can go on to be Fascial Maneuver Coaches.

There are also many supplementary courses within our app for people who want to further accelerate their journey. Human Garage is continually perfecting our programs and processes to give people the best results possible!

## WHAT IS FASCIA?

Our definition of fascia is constantly evolving as we learn more. As we currently understand it, fascia is a multidimensional construct made up of connective tissue that holds both memory and emotion. It controls our movement patterns and carries a unique metaphysical signature. Fascia picks up internal and external stimuli, and communicates that information to the brain to be processed. The 3-D aspect of fascia looks like webbing and is found throughout the entire body.

While there is still much unknown about the intricacies of fascia, Human Garage was able to develop the undeniably effective fascial maneuvers. Having the biological knowledge of fascia is valuable, but what's most important to the healing process is the knowledge of how to use it.

### WHAT IS A FASCIAL MANEUVER?

A fascial maneuver is a mix of intention, movement, and breath that releases tension restricting our movements and bodily functions. Over time and with consistency, performing the maneuvers can eradicate pain and initiate healing in every aspect of the body, from muscular dysfunction to hormonal imbalance.

Both the founders of Human Garage and its students have had radical full-life transformations resulting from the maneuvers and the implementation of the Human Garage lifestyle. Regularly practicing the maneuvers is only a piece of the puzzle: choosing to eat organically, maintain healthy relationships, and keep your home space toxin-free are also crucial factors of embodying our philosophy.

### ZONES OF THE BODY

There are three zones of the body, and all of them are engaged during a fascial maneuver. The first zone is the neck and the head, the second zone is the shoulders down to the hips, and the third zone is the legs. Ideally, pressure distribution is even between all three zones. In reality, most people have different levels of pressure in each zone because of fascial tension and restriction. In the Fascia Fundamentals section, we will explain how we use counter-rotation to activate each zone.

# FASCIA FUNDAMENTALS

### INTENTION

Setting an intention allows all the systems of the body to coordinate and organize themselves to create the most impact. Having a clear intention is more effective than taking physical action.

This is because of the Reticular Activating System (RAS). Everyone's brain has a RAS, a neural network developed primarily in our formative years based on our experiences. The RAS holds personal narratives about self and our worldview. It's a protective mechanism of the mind. However, most people's RAS has been impacted by unresolved trauma and it results in self-limiting beliefs that keep them stuck both mentally and physically.

The RAS can be reprogrammed and used as a powerful tool. That's where intention comes in: it allows us to gradually realign our beliefs with our greatest benefit.

For example: if you intend to stretch a muscle before you start a fascial maneuver, your mind will automatically focus on the muscle and that's what you will accomplish. The mind-to-muscle connection will take over. However, if you set the intention to release the restrictions in the fascia AROUND the muscle, then your brain will focus on the fascia, and you create a new mind-to-fascia connection.

In the Body Scan #1 section, we will revisit intention and explain how to use it as you begin your fascial maneuver practice.

## PIN AND LOCK

Pinning and locking the skin at different points of the body targets specific areas of fascia for release. Pinning refers to the subtle twisting or stretching movement you initiate to activate the fascia, and locking refers to the steady grip you will hold on the skin to prevent it from moving. Nearly every maneuver will start with a pin and lock.

## COUNTER-ROTATION

Counter-rotation is the natural movement pattern of the body. The body is divided into three zones: the head, the torso, and the legs. In a healthy body, movement in one zone causes counter-rotation in the other zones to achieve balance.

Our fascia is wound in a spiraling shape throughout the body which is what causes these oppositional forces. While standing still, counter-rotation is very subtle, but it can be more easily felt and observed when walking or laying in the fetal position. When we walk, one arm goes forward while the other goes backward, the head turns slightly one way and the torso turns the other way, one leg rotates inward and the other rotates outward, and in unison all these counter-rotations create an equal pressure distribution throughout the body with each step.

Fascial maneuvers use counter-rotation to restore the body's natural flow. Counter-rotation combined with internal pressure from breath has an effect akin to wringing out a towel: it pushes stagnant tension out of the fascia.

## MOVE SLOWLY

We have realized slow and steady movements are necessary for fascial maneuvers to be successful. This is because sudden motion sends the message to the body that it's under threat. When the body senses a threat, its muscles contract to stabilize and protect itself. We refer to this as the musculoskeletal defense system.

When doing fascial maneuvers, go slowly and try to hit every angle around the area of pinned fascia to get the best release.

## BREATHE

Breath is a key part of releasing the fascia because it expands the body from the inside out. With intention and specific breathing techniques, we can drive air into compressed areas of the body, adding a new dimension to the fascial stretch.

Breathing through the nose drives more pressure into the upper half of the body, from the diaphragm to the chest, shoulders, arms, neck, and head. Breathing through the mouth drives pressure into the lower half of the body, from the diaphragm down to the pelvic floor. The deeper the breathing, the more layers of fascia that will be released.

During maneuvers, we ask you to switch between nose, mouth, and staged breaths. Each breath pattern has an intention and a minimum effective number of breaths to produce results. If you have other breathing practices you would like to incorporate into the maneuvers, or want to add more than the minimum amount of breaths, we encourage you to play around and find out what works best for your body.

## WALK

After each maneuver, we recommend going for a short walk. Walking is the best way for the body to adapt to new changes in pressure and range of motion and integrate the effect of the maneuver fully.

For every three minutes of walking, the fascia creates a new template of movement and sends it to the brain, which calculates the most efficient way for the body to move. This can be observed in individuals who fall and sustain an injury, who take several minutes to “walk it off” before the body begins to integrate new compensation programs to move around the injury.

### OBSERVE

When doing the fascial maneuvers it’s important to observe the changes that you experience. This not only speeds up your integration of the changes, but it also helps you connect deeper with what does and doesn’t work for your body.

After you do a maneuver, take note of the feeling it gives you. Did you feel looser or tighter? Did you feel energized or more exhausted? Has your perception of your surroundings changed: are you seeing clearer, or does it appear brighter wherever you are?

Recognizing the change in sensory perception and feelings allows you to fine-tune your bodily awareness, which improves not only the way you do maneuvers but how well you respond to your body’s needs.

## BODY FUNDAMENTALS

### PERCEPTION

Perception is one of the three most dominant forces influencing our lives. The way we perceive a situation shifts our thoughts and emotions, which triggers different hormonal responses in the body. For example, if two people come across a snake, and one of them loves snakes while the other is afraid of them, they are going to have vastly different physical responses. The one who loves snakes might produce dopamine or oxytocin, while the person with a fear of snakes would produce stress hormones like cortisol or adrenaline, experiencing a tightening throughout their body and a shutdown of their digestive system.

If perception can cause such an extreme response in the moment, how can it affect our bodies over time? The lens we wear when facing the world is based on our upbringing, societal programming, ego, emotion and desire, but it's within our power to change.

Do you see the glass half empty or half full? Take a look at a situation that is challenging you right now. Is there another way of looking at it? Is there someone you can talk to that will provide an honest reflection or a new point of view? Shift your perception and then observe how your body, thoughts, and feelings change as a result.

## THE BRAIN

The body feels, and the brain interprets and solves problems. All input from the body comes as a feeling, and the brain uses the five senses and context to make sense of that feeling, in order to solve problems that arise and take the appropriate actions.

## PRESSURE

We view the body as a bio-hydraulic system that balances internal and external pressure. At sea level, the average person has 14.7 lbs of atmospheric pressure per square inch acting on their body. That means that the body has to generate enough internal pressure not to be crushed by the weight of the atmosphere.

When we fly in an airplane and increase elevation, atmospheric pressure drops and our ears pop! That's because there is more internal pressure in the body than external pressure acting on it. When we dive into the ocean, there is a limit on how deep we can go before the outside water pressure crushes us.

Understanding pressure and its impact on the body caused us to investigate the way air and fluid move through us. As blood rushes through a muscle sheath and swirls, it expands the muscle, stimulating and stabilizing movement. This is why the body is not only bio-mechanical but bio-hydraulic. Instead of stretching in one or two directions, our bodies use fluid, air, and pressure distribution to expand and relax compressed areas in multiple dimensions.

## ELECTROMAGNETIC

The human body contains 50 trillion cells working in tandem with the mind, and together they form the central nervous system. Every stimulus, whether it is an internal thought or emotion or an external sound or smell, carries a vibration through our nervous system which is interpreted by the mind.

Each cell has a negative and positive charge inside of it, averaging 1.4 volts of electricity. With 50 trillion cells, the human body generates 70 trillion volts. New scientific discoveries have led to the conclusion that we are not solid structures but rather a multitude of energy waves interacting with each other. This supports our belief that the body is an intelligent computer receiving and transmitting signals. It also contextualizes intuitive situations such as a mother's instinctive knowledge of what her child needs, or a dog's change in behavior from the moment its owner makes the decision to return home.

When the body is dehydrated, injured, compressed, or otherwise dysfunctional, some signals aren't able to reach the central nervous system to be thoroughly interpreted. That's why some people can't see, smell, hear or feel at the same capacity as others. Human Garage has found that with the fascial maneuvers, in addition to hydration and proper supplementation, we can increase our awareness and perception.

## BONES

Bones are only one part of our structural system- they float inside our fascia, which we consider the main component of our composition. The only bones in the body that naturally touch are the teeth, and those in the ribcage and ears. When bones touch elsewhere in the body because of connective tissue deterioration, is causes pain and discomfort.

Fascia can be soft and supple when relaxed, but it also has the same breaking point as steel when it is contracted. The flexible structure and strength of healthy fascia is what actually holds the body up when we stand and supports us in different positions. We believe fascia is what holds the primary structure of the body, and the magnetic density of our bones act as reference points to inform the fascia where it is in space relative to the earth.

## POINTS OF CONTACT

Have you ever walked in a dark room and the only point of contact you had was your feet on the floor? When you can't see where you're going, your body tightens in fear because you might walk into something. But if you reach out your hand and touch a wall, your body calms down and feels safe. That's because you've created three points of contact to navigate safely through the room. The more points of contact, the safer the body feels. This is incredibly important to understand when working with fascia.

When you're underwater, under a weighted blanket, or being hugged by someone you love, you have multiple points of contact, which means your body has a lot of information to use about where it is in space. With the abundance of information, your brain doesn't have to make calculations to stabilize or moderate movement to protect the body from external forces.

When the Human Garage clinic was open, we implemented the three-point theory by having three practitioners work on a patient at once, which would help them relax and release without pain.

If you want to test this theory, have a friend place one foot on top of yours, one hand on your arm and one on your chest. Close your eyes and feel your body. Have them slowly take away the hand on your chest and feel your body change. Then, have them put it back on. Repeat this a few times and feel how your body reacts to having three points of contact versus two. You may experience a heightened sense of awareness, because the body is no longer diverting energy to vigilance toward its environment.

## THE FETAL POSITION

During our study of the human body, we analyzed various physical positions, the dimensions and zones of the body, and counter-rotation. When observing more complex movements,  we noticed people winding their bodies into the fetal position first to generate more energy and create explosive motion. This can be seen in baseball specifically when the pitcher winds up in a one-legged fetal position before throwing the ball to gather as much force possible.

In our clinic, we explored the use of the fetal position by having patients lie on one side, cross their legs and hug themselves while we manually rolled them into a ball. They would take several deep breaths in that position. Amazingly enough, deep-rooted emotions and past physical traumas would rise to the surface and release from their bodies.

The fetal position is so poignant for fascial release because it is the position we hold during the nine most transformative months of our lives in the womb. The body feels at home in this position, and holding it can both bring up memories and stimulate the healing process. While developing the fascial maneuvers, counter-rotation and the fetal position became core principles of the philosophy, with each movement winding and rotating the body to create internal pressure and release.

## TIPS FOR GETTING STARTED

- To perform a spinal pelvic lock: draw your belly button back toward your spine and simultaneously pull up your sex organs (the sensation should be similar to “holding it” when you have to go to the bathroom.) Try to hold this throughout the movement. If you aren’t able to the entire time, that’s okay, just do your best!
- How to perform a staged breath: breathe in, hold it, breathe in some more, hold it, and then breathe in a little more. Hold the breath for a couple seconds and then exhale. Drawing in as much air as possible expands the body and creates internal pressure.
- When exhaling, don’t force it. Just let the air flow out naturally.
- If you feel lightheaded during or between movements, that’s okay! Pressure and fluid are moving throughout the body during maneuvers. Taking a walk will help those changes integrate more smoothly. If you feel like you’re going to pass out, take a pause and safely seat yourself until the feeling passes.
- While walking between movements, scan your body for changes. Do you feel lighter, heavier on one side, nauseous, energetic? Track the way your body responds!
- After a class or a personal session, go for a 30 minute walk.

### ACCESSIBILITY ALTERATIONS

The fascial maneuvers can be performed sitting as well as standing. While only two of the three zones will be engaged, meaning the seated fascial maneuver will be less effective than standing, it’s still beneficial for the body to release tension in any capacity. The maneuvers require reaching across-body, grasping, torqueing the wrists, and turning the head. Individuals with limited mobility may find that having someone to assist them getting into the proper positions is helpful. If you need more guidance on how to do seated maneuvers, please watch this YouTube video (insert QR code) or reach out to Human Garage on our app or social media channels.

## WHAT TO EXPECT

Every body responds to the maneuvers in its own way, but there are a few common reactions that we have observed.

## DURING

Sometimes people experience lightheadedness or increased heartrate while performing maneuvers. This is normal! If you feel unsteady or like you may pass out, please take a pause and allow your body to adjust before continuing. It may be necessary to sit down for a moment.

Other times, people feel and hear their bones and joints cracking as they naturally readjust. Some start sweating profusely, feel itchy, pass gas, burp, or begin to cry. There are a multitude of reactions the body may have as fluid and pressure are redistributed throughout the three zones. Emotions are also being moved and released. Our fascia carries all of our feelings- from anger, to sadness, to euphoria. Emotion is magnetic, it's density that can be stored or transmuted within our physical bodies. That's why when we begin manipulating the fascia, opening it and removing blockages, our emotions begin to flow more strongly.

You may even experience an internal pinching or tearing sensation. When you feel this, it means that you've found an area where your fascia is especially rigid. This part of your body will need more attention and care. With regular effort to reopen the area, the tearing feeling will subside. If you are experiencing pain in a spot that you weren't before starting the maneuver, stay calm and continue to work on that area. Try more maneuvers that target that area before giving up- it's the only way you will see progress and decrease pain.

## AFTER

Most people who begin doing the maneuvers regularly become addicted to them because of how good they feel. Who wouldn't want to feel more peaceful and regain their full range of mobility? Oftentimes people even report feeling "high" immediately afterwards. This is because of the combination of increased blood flow and the release of feel-good hormones initiated by the movements.

Once you restart your body's natural healing process through the fascial maneuvers, you may experience a detox. This could manifest in many ways. There have been people who have an intense emotional release. Others get sick for a few days, develop a rash, or have some other adverse symptoms crop up. These symptoms are always temporary and should be taken as a good sign that your body is expelling the toxins it has been holding on to.

The best way to integrate the changes your body will go through is to support the detoxification process by taking Epsom salt baths. Going for a long walk, around 30 minutes after each session, will allow your body to adjust quickly and relearn how to move the way it was intended.

We also recommend that you plug into the virtual Human Garage community when you begin fascial maneuvers. It is very helpful to be able to discuss that changes you go through with others who are on the same journey or have already been through what you experience. Our online forums are on Facebook, Instagram, TikTok, Discord, and of course, in the Mighty Networks Human Garage app.

## BODY SCAN #1

In the fascial maneuvers practice, Human Garage encourages tuning in to your body to get a baseline of where you are before you begin. We refer to this as the body scan. Its purpose is to help you be aware of where your body is so you can determine how you want to feel .

Once you've taken a moment to connect with yourself, it's time to set a clear intention. What are you looking to get out of your practice today? Do you want to move freely, feel grounded, or release something in particular? How will you know if you accomplish what you set out to do?

It's key to clearly define how you would measure meeting your goal before starting. The more aware you are of the changes, the faster they'll integrate.

- Sitting, standing or lying down comfortably, take a deep breath in through the nose and out through the mouth.
- As you breathe out, close your eyes.
- Notice how your body feels right now.
- Starting at the top of the head, assess each part of your body all the way down to your toes.
- Note what feels comfortable and what feels uncomfortable. Don't judge any of these feelings or try to change them right now.
- When you're ready, open your eyes.

# PALATE SWIPE

Zone one of the body, including the head, face, and neck, accumulates tension throughout the day from chewing and talking. Each movement of the jaw causes a micro-compression of the fascia and muscles around the head. This affects the rest of the body: tightness in the jaw is also linked to having a restricted sacrum and hips.

Our hard palate, at the center of zone one, is the ideal starting point to for releasing this area. Swiping your thumb from right to left across the very back of the hard palate, from molar to molar, is a simple and effective way to begin loosening up zone one.

## BENEFITS OF PALATE SWIPE

- Reduce head and neck tension
- Relieve headaches
- Calm racing thoughts and improve mental processing
- Indirectly rebalance pelvic floor and the hips
- Expand lung capacity

## CUEING

- Stand with your feet shoulder width apart
- Pull in your spinal pelvic lock. Draw your belly button towards your spine and pull your sex organs upwards
- Cross your right foot over your left
- Cross your right hand over and place it on your left shoulder
- Cross your left hand over top and place it on your right shoulder
- Take your right thumb and swipe the palate of your mouth from right to left 6 times
- Walk around and see how you feel



## TOTALLY TWISTED

This full-body fascial reset uses the fetal position to target all three zones of the body. By counter-rotating the zones, pinning and locking the fascia, and using intentional breathing, Totally Twisted unwinds dysfunctional torque patterns being held by the body. This rebalances the pressure between the head, torso, and legs. By decreasing stress, the body is then able to move and breathe more efficiently.

### BENEFITS OF TOTALLY TWISTED

- Reduce global stress
- Calm the nervous system
- Release “feel-good” hormones
- Decompress the spine and organs

- Expand lung capacity

## CUEING: Part 1

- Stand with your feet shoulder width apart
- Pull in your spinal pelvic lock
- Cross your right foot over your left
- Cross your right hand over and place it under your left armpit
- Cross your left hand over and place it on your right shoulder
- Hug yourself, getting a stable grip with both hands
- Keep your spinal pelvic lock engaged and slowly turn your head as far as you can to the left
- Stick your tongue into your left cheek, finding a spot that feels more tense
- Rotate your upper body as far as you can to the right, while keeping your hips facing squarely forward
- Take 6 breaths in through the nose
- Relax your tongue, taking it out of your left cheek
- Now, purse your lips like you are sucking air through a straw, and blow up your lungs a balloon in three staged breaths: breathe in, hold, breathe in, hold, breathe in, hold, and then slowly exhale
- Take two more staged breaths for a total of 3 staged breaths
- Now, try to rotate your upper body further to the right, and your head further to the left
- Lock your eyes over your left shoulder on one spot, breathe in through the nose, and out through the mouth 6 times
- Untwist your neck and torso, so that you are facing squarely forward, while still hugging yourself
- Pull in your spinal pelvic lock again, and slowly turn your head as far as you can to the right

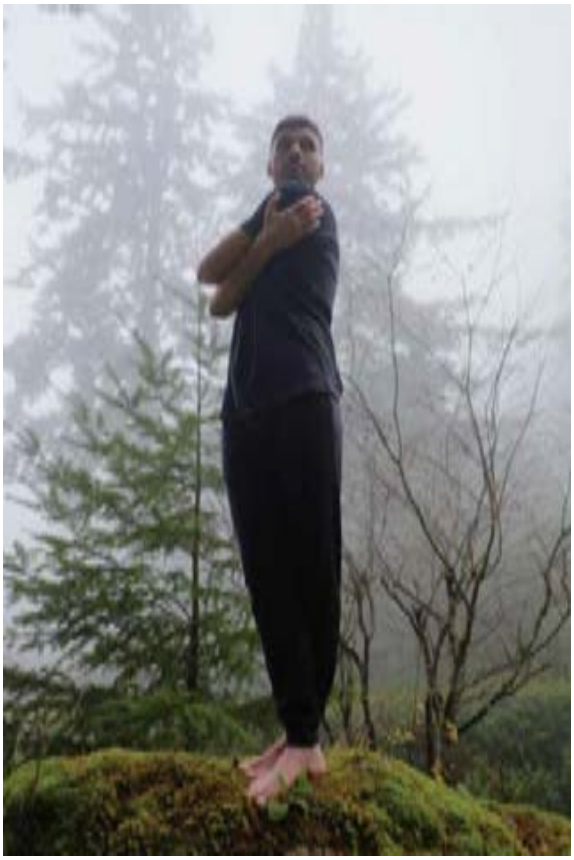
- Stick your tongue into your right cheek, finding a spot that feels more tense
- Rotate your upper body as far as you can to the left, keeping your hips facing squarely forward
- Take 6 breaths in through the nose
- Relax your tongue, taking it out of your right cheek
- Now purse your lips like you are sucking air through a straw, and blow up your lungs like a balloon in three staged breaths: breathe in, hold, breathe in, hold, breathe in, hold, and then slowly exhale
- Take two more staged breaths for a total of 3 staged breaths
- Now, try to rotate your upper body further to the left, and your head further to the right
- Lock your eyes over your right shoulder on one spot, breathe in through the nose, and out through the mouth 6 times
- Slowly come back to a normal standing position, dropping your arms
- Go for a walk to integrate the changes

## CUEING: Part 2

- Stand shoulder width apart
- Pull in your spinal pelvic lock
- Cross your left foot over your right
- Cross your left hand over and place it under your right armpit
- Cross your right hand over and place it on your left shoulder
- Hug yourself, getting a stable grip with both hands
- Keep your spinal pelvic lock engaged and slowly turn your head as far as you can to the left
- Stick your tongue into your left cheek, finding a spot that feels more tense
- Rotate your upper body as far as you can to the right, keeping your hips squarely forward

- Take 6 breaths in through the nose
- Relax your tongue, taking it out of your left cheek
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- Go for a walk to integrate the changes





## ANTI-GRAVITY

When we raise our elbows above our head while pinning fascia on the occipital area of the neck, we elongate our musculoskeletal network. Using the power of gravity, internal pressure, and rotation, this fascial maneuver decompresses the entire spine. Decompression between bones and joints creates more space for the nervous system and organs to function optimally.

### BENEFITS OF ANTI-GRAVITY

- Spinal Decompression
- Reduce spinal and organ tension
- Stimulate digestion

- Calm the nervous system
- Release “feel-good” hormones

## CUEING

- Stand with your feet shoulder width apart
- Pull in your spinal pelvic lock
- Interlock your hands, with your thumbs overlapping each other (or at least touching), and place them at the base of your neck
- Pull up on the fascia and lock it in place at the base of your skull (don’t apply forward pressure, only upward pressure!)
- Keep your spinal pelvic lock engaged and slowly look up at the ceiling
- Take three deep breaths in through the mouth, and out through the mouth
- Now take three deep breaths in through the nose, and out through the mouth
- Slowly bring your chin to your chest, and pull your elbows inwards toward each other
- Breathe in through the mouth, and out through the mouth three times
- Breathe in through the nose, and out through the mouth three times
- Now, breathe in deep through the mouth and hold it
- Look up to the right, keeping your hands in place so that your elbows are also angled to the right
- Exhale as you come back down to center, with your chin on your chest
- Breathe in through the mouth and hold it
- Look up to the left, again keeping your hands in place so that your elbows are also angled to the left
- Exhale as you come back down to center, with your chin on your chest
- Repeat this two more times, so that you breathe and look up to each side a total of three times
- Now, widen your stance

- Slightly bend your knees
- Push your butt backwards and squat (you can try this standing in front of a wall, to learn how far back you should push your hips)
- Look up, and pull up on your fascia a little bit more, securing your hands at the base of your skull
- Widen your elbows outward so they are pointing to the left and right
- Breathe in deep through the mouth and hold it
- Look up to the right, with your elbows tracking on either side of your head
- Exhale as you come back to center
- Breathe in deeply through the mouth and hold it
- Look up to the left, with your elbows tracking on either side of your head
- Exhale as you come back to center
- Repeat this twice more, for a total of three breaths on either side in the squatting position
- Now, deepen your squat, resting as close to the ground as possible
- Rest your chin on your chest and pull your elbows inwards
- Pull in your spinal pelvic lock
- Breathe in and out through the mouth three times
- Breathe in through the nose and out through the mouth three times
- Now, slowly lift your butt up first toward the ceiling, and uncurl your spine vertebrae by vertebrae until you are standing and looking up at the ceiling
- Take a final breath in and out through the mouth
- Go for a walk



## SWINGER

During Swinger, we'll utilize counter-rotation and the fetal position to stretch one shoulder and its opposing hip to create more space in zone two. This movement is especially useful if you have shoulder or hip pain or play rotational sports.

### BENEFITS OF SWINGER

- Reduce shoulder and hip tension
- Reduce tension in the shoulder blades
- Improve athletic performance, especially in sports where you swing or throw
- Correct hip posture and walk more smoothly

### CUEING: Part 1

- Stand with you feet shoulder width apart

- Pull in spinal pelvic lock and slightly bend your knees
- Let your hands hang in front of you, palms facing toward you
- Push your butt back until your fingertips touch your knees
- Lift your chest, as though a string is attached to your heart pulling you forward, and lift your chin so that you are looking straight ahead
- Place your right hand on your left shoulder
- Place your left hand just above your right elbow, get a stable grip, and pull the skin on the back of your arm down to the elbow bone, locking it in place
- Turn your head to the right
- Turn your upper body to the left, pulling your right arm across your body while keeping it in an “L” shape
- Push your butt back further and then squat, holding Spinal Pelvic Lock and keeping your gaze up
- Breathe in and out through the mouth six times
- Slowly unwind yourself to a normal standing position
- Go for a walk to integrate the changes

## CUEING: Part 2

- Stand with your feet shoulder width apart
- Pull in spinal pelvic lock and slightly bend your knees
- Let your hands hang in front of you, palms facing toward you
- Push your butt back until your fingertips touch your knees
- Lift your chest, as though a string is attached to your heart pulling you forward, and lift your chin so that you are looking straight ahead
- Place your left hand on your right shoulder
- Place your right hand just above your left elbow, get a stable grip, and pull the skin on the back of your arm down to the elbow bone, locking it in place
- Turn your head to the left

- Turn your upper body to the right, pulling your left arm across your body while keeping it in an “L” shape
- Push your butt back further and then squat, holding spinal pelvic lock and keeping your gaze up
- Breathe in and out through the mouth six times
- Slowly unwind yourself to a normal standing position
- Go for a walk to integrate the changes



## PULLOVER

This maneuver creates space between the shoulder and hip on one side of the body, allowing the kidneys, lungs, and posterior diaphragm room for better movement. Pullover is essential for anyone who sits for long periods of time, because sitting compresses the fascia through the back of the legs and into the thoracic back.

## BENEFITS OF PULLOVER

- Decompresses the large intestine
- Stimulates bowel movements
- Reduces low back pain
- Expands posterior lung capacity
- Stimulates kidney function
- Improves internal range of rotation for the hips and pelvic floor

## CUEING: Part 1

- Stand with your feet shoulder width apart
- Pull in spinal pelvic lock
- Place your right hand on the back of your left shoulder near the outer edge, and pull upwards to lock the fascia in place on top of the shoulder
- Take your left hand and place it on your right rib cage, and pull the fascia forward to lock it in place
- Turn your head to the left
- Lift your left shoulder as high as you can while keeping the rest of your body still
- Slowly squat, keeping your chest up
- Lift your left shoulder more, as high up as your body allows
- Keep spinal pelvic lock engaged
- Slowly bring your left shoulder across your body, trying to touch it to your right knee
- Breathe in and out through the mouth six times
- Slowly unwind to a normal standing position
- Go for a walk

## CUEING: Part 2

- Stand with your feet shoulder width apart

- Pull in spinal pelvic lock
- Place your left hand on the back of your right shoulder near the outer edge, and pull upwards to lock the fascia in place on top of the shoulder
- Take your right hand and place it on your left rib cage, and pull the fascia forward to lock it in place
- Turn your head to the right
- Lift your right shoulder as high as you can while keeping the rest of your body still
- Slowly squat, keeping your chest up
- Lift your right shoulder more, as high up as your body allows
- Keep spinal pelvic lock engaged
- Slowly bring your right shoulder across your body, trying to touch it to your left knee
- Breathe in and out through the mouth six times
- Slowly unwind to a normal standing position
- Go for a walk

## PRETZEL SQUAT

Pretzel Squat uses counter-rotation to drive pressure into the pelvic region, hips, and legs. Internal rotation of the arms opens fascia in the legs, freeing the quad, hamstring, and adductors of restriction. All three zones of the body are engaged!

### BENEFITS OF PRETZEL SQUAT

- Opens up fascia in the pelvis
- Reduces hip and low back tension
- Reduces glute, hamstring, groin and IT band tension
- Balances pressure distribution throughout the leg
- Stabilizes the knees and ankles while increasing their blood flow

### CUEING: Part 1

- Stand with your feet shoulder width apart
- Pull in spinal pelvic lock
- Take your right foot and place the heel along the arch your left foot, making a “T” shape
- Step the right foot about 3 feet away from the left foot, keeping them aligned in the same “T” shape
- Keep both legs straight by locking the knees
- Rotate your upper body as far as you can to the right
- Take your left hand and reach it as far out in front of you as you can
- Take your right hand and place it on your right butt cheek
- Push your right butt cheek into your right hand, so that your shoulders are pulling to your left side and your hips are pulling toward your right side
- Place your left hand on your right shoulder
- Take your right hand and slide it up your back between your shoulder blades, with the palm facing outward
- Turn your head to the left
- Keep spinal pelvic lock engaged, and slowly squat
- Breathe in and out through the mouth six times
- Now switch your arms, with your right hand on your left shoulder, and your left hand between your shoulder blades, palm facing outward
- Turn your head to the right
- Breathe in and out through the mouth six times
- Slowly unwind to a normal standing position
- Go for a walk

## CUEING: Part 2

- Stand with your feet shoulder width apart
- Pull in spinal pelvic lock

- Take your left foot and place the heel along the arch your right foot, making a “T” shape
- Step the left foot about 3 feet away from the right foot, keeping them aligned in the same “T” shape
- Keep both legs straight by locking the knees
- Rotate your upper body as far as you can to the left
- Take your right hand and reach it as far out in front of you as you can
- Take your left hand and place it on your left butt cheek
- Push your left butt cheek into your left hand, so that your shoulders are pulling to your right side and your hips are pulling toward your left side
- Place your right hand on your left shoulder
- Take your left hand and slide it up your back between your shoulder blades, with the palm facing outward
- Turn your head to the right
- Keep spinal pelvic lock engaged, and slowly squat
- Breathe in and out through the mouth six times
- Now switch your arms, with your left hand on your right shoulder, and your right hand between your shoulder blades, palm facing outward
- Turn your head to the left
- Breathe in and out through the mouth six times
- Slowly unwind to a normal standing position
- Go for a walk

## PEEKABO

Many people have misaligned cranial bones due to long or complicated labors, and go through life experiencing high levels of stress and dysfunction without ever knowing the

difference. Manipulating the fascia of the head and neck in a spiraling pattern can readjust these cranial plates to their proper positions.

## BENEFITS OF PEEKABO

- Opens fascia of the neck and head
- Reduces pressure in zone one of the body
- Aligns cranial bones
- Opens the sinuses and ear canals
- Decompresses the temples, forehead, and forebrain
- Reduces headaches and migraines
- Improves facial symmetry and alignment

## CUEING

- Stand with your feet shoulder width apart
- Pull in spinal pelvic lock
- Place the right hand at the back of the neck on the left side, and pull the skin around towards the right side
- Turn your head slowly to the right
- Lock your the inside of your right arm to the side of your head
- Place the palm of your left hand on your cheek, under your left eye
- Push the skin of your cheek backwards toward the left ear, and slightly upward toward the brow bone
- Keep spinal pelvic lock engaged and slowly squat
- Rotate your upper body and head all the way to the left and try to look up at the ceiling
- Breathe in through the nose and out through the mouth six times
- Unwind into a normal standing position
- Go for a walk



## PULLIN’ YOUR EAR

This maneuver is another way to stretch the fascia in zone one with special attention paid to the ears. Our ears are always channeling vibration directly into the brain for interpretation. Because the body relies on feeling to orient itself in the world, the feeling of vibration through the ears is the main source of communication from body to brain, tied directly to the limbic system, our organs, and emotions.

### BENEFITS OF PULLIN’ YOUR EAR

- Reduce pressure in the ear canal
- Reduce neck and jaw tension
- Improves mental clarity and eyesight

- Lessens headaches, migraines, and tinnitus
- Improves facial symmetry and alignment

## CUEING: Part 1

- Stand with your feet shoulder width apart
- Pull in spinal pelvic lock
- Take your right hand, grab the top of your left ear
- Take your left hand and grab the bottom (lobe)
- Pull your hands apart and hold it there
- Let the body adapt
- Now pull your ear off of your head
- Twist the top of the ear backwards and the bottom of the ear fowards
- Slowly squat
- Look up to the right
- Breathe in through the nose and out through the mouth three times
- Look up to the left breathe
- Breathe in through the nose and out through the mouth three times
- Come back to center
- Unwind
- Go for a walk

## CUEING: Part 2

- Stand shoulder width apart
- Pull in your spinal pelvic lock
- Take your left hand, grab the top of your right ear
- Take your right hand and grab the bottom (lobe)
- Pull your hands apart and hold it there

- Let the body adapt
- Now pull your ear off of your head
- Twist the top of the ear backwards and the bottom of the ear fowards
- Slowly squat
- Look up to the right
- Breathe in through the nose and out through the mouth three times
- Look up to the left breathe
- Breathe in through the nose and out through the mouth three times
- Come back to center
- Unwind
- Go for a walk



# TWISTING YOUR EARS

This is another movement that opens up the fascia of the ears to improve circulation throughout zone one and clarify vibrational input to the brain. Twisting Your Ear works both ears at once and goes directly into the ear canal for a powerful, targeted fascial release that can be felt throughout the temples and jaw.

## BENEFITS OF TWISTING YOUR EARS

- Reduce neck and jaw tension
- Reduce pressure in the ear canal and tinnitus
- Improve eyesight and mental clarity
- Improve headaches and migraines
- Increase facial symmetry

## CUEING

- If you have long nails, get bath tissue or thing fabric to place over your fingers
- Stand with your feet shoulder width apart
- Pull in spinal pelvic lock
- Push your right thumb into your right ear
- Push your left thumb into your left ear
- Grab the top of your ears with your other fingers, and twist your palms forward (this may feel painful at first as the fascia stretches in a new way, but it’s completely safe!)
- Open your mouth 3 times
- Look upward
- Open your mouth 3 times
- Breathe in through your mouth and look to the right, exhaling as you bring your face forward again

- Breathe in through your mouth and look to the left, exhaling as you bring your face forward again
- Look down, with your chin on your chest, and take a deep breath
- Squat
- Breathe in through your mouth and look up to the right, exhaling as you bring your face forward again
- Breathe in through your mouth and look up to the left, exhaling as you bring your face forward again
- Slowly unwind to a normal standing position
- Go for a walk



# ANTLER TWIST

Our fascia wraps around our heads in a spiraling pattern that becomes tense and compressed as we age. This causes our face to look less symmetrical. Our neck and head never rest- the muscles are working constantly without a break from the moment we take our head off the pillow.

Performing the Antler Twist and torqueing the cranial fascia rebalances the external pressure around the head, as well as internal pressure in the brain. Because the entire body is interconnected, applying pressure around the temples will also affect zones two and three.

## BENEFITS OF ANTLER TWIST

- Reduce pressure in the head and headaches
- Decrease eye strain
- Improves eyesight and mental clarity
- Reduces tension in the ribcage and hips
- Increases facial symmetry

## CUEING

- Stand with your feet shoulder-width apart
- Pull in spinal pelvic lock
- Place your right palm on your right temple, with the fingers pointing backwards against your skull
- Place your left palm on your left temple, with the fingers pointing forwards against your skull
- Squeeze your head
- Rotate your right hand forwards, keeping a stable grip on the skin
- Rotate your left hand backward, keeping a stable grip on the skin
- Your fingers on both hands should now be pointing upwards
- Interlock your fingers across your forehead

- Breathe in through the nose, and look to your right
- Exhale as you come back to face forward
- Breathe in through your nose, and look to your left
- Exhale as your come back to face forward
- Look up, breathe in through the nose, and squat
- Look up to the right, breathe in, and exhale you come back to center
- Look up to the left, breathe in, and exhale as you come back to center
- Unwind to a normal standing position
- Go for a walk



# GETTIN’ CHEEKY

Most people have a chronically tight jaw. There’s a widespread tendency to hold back thoughts and feelings to avoid conflict (think of the phrase “biting your tongue.”) Every time we restrict our own expression, it causes internal tension.

The historically unnatural foods that make our the average modern diet can cause jaw tension as well. Mastication is meant to keep the jaw loose, but a lack of proper chewing due to eating soft, processed foods means our jaws aren’t functioning the way they’re meant to.

The jaw is a direct reflection of our stress levels. When it’s too tight, it controls the fascia down the entire side of the body, restricting it and causing discomfort. Gettin’ Cheeky uses counter-rotation on the jaw to release the excess fascial tension stored there and decompress the entire body. It’s similar to Antler Twist.

## BENEFITS OF GETTIN’ CHEEKY

- Reduces jaw pain and releases TMJ restriction
- Reduces clenching and grinding at night
- Reduces global stress
- Reduces tension in the neck and head
- Releases the ankles and toes

## CUEING

- Stand with your feet shoulder width apart
- Pull in spinal pelvic lock
- Place the fingers of your right hand, facing backward, over your jaw (at the top of the masseter muscle, just below your cheekbone)
- Place the fingers of your left hand, facing forward, over your jaw (at the top of the masseter muscle, just below your cheekbone)
- Squeeze your face
- Rotate your right hand forwards, keeping a stable grip on the skin
- Rotate your left hand backwards, keeping a stable grip on the skin

- Your fingers on both hands should now be pointing upwards
- Breathe in through the nose, and look to the right
- Exhale as you bring your head back to center
- Breathe in through the nose, and look to the left
- Exhale as you bring your head back to center
- Breathe in through your nose and look up
- Squat
- Look up to the right and breathe through your nose
- Exhale as you bring your head back to center
- Look up to the left and breathe through your nose
- Exhale as you come back to center
- Unwind to a normal standing position
- Go for a walk



## ORGAN RESET

Each organ has a mechanical and electrical component. Each organ is also a channel and storage unit for a specific emotion. During this series of resets, we use our hands to manipulate each organ, electrically “re-charging” them. The subtle movements and intentional breathing help restore the organ’s intended function by re-opening the fascia in and around it.

## ILEOCECAL VALVE

The ileocecal valve is a small, flat sphincter muscle positioned between the small and large intestines. It lets digested food pass from one intestine to the other. If the fascia in zone two, the abdomen, becomes overly compressed, the necessary pressure distribution to move food through the GI tract is affected. This can dislodge the ileocecal valve from its position, keeping it forcibly opened or closed. If the valve stays closed, it causes bloating and indigestion. If it stays open, bacteria from the small intestine gets

into the large intestine and causes our bowel movements to become too soft. A healthy ileocecal valve must open and close regularly.

## BENEFITS OF ILEOCECAL VALVE RESET

- Improves autoimmune conditions, gas, and bloating
- Balances the flow from small to large intestine
- Promotes regular digestion and bowel movements
- Improves skin issues
- Reduces tension inside the right hip

## CUEING

- Stand with your feet shoulder width apart
- Pull in spinal pelvic lock
- Place your left hand on one of your trapezius muscles, either one is fine
- With your right hand, find your belly button, and move your hands about two inches to the right and one inch down
- Locate the primary point of tension in that region of your abdomen (it will be in a slightly different spot for everyone!)
- You have found the ileocecal valve!
- Use your fingers to press down, and turn your skin clockwise over the valve
- Turn your head to the left
- Turn your upper body to the right
- Breathe in and out through the mouth three times
- Breathe in through the nose and out through the mouth three times
- Go back to a normal standing position
- Go for a walk to integrate the changes

# GALLBLADDER & LIVER

The gallbladder is tucked against a fold in the liver. Its primary purpose is to send bile to the stomach to aid in digestion. There are many meridians that flow from the gallbladder through the fascia across the entire body. There is a gallbladder meridian in the forehead, going behind the ear down through the trapezius, into the scapula, all the way down your leg over the IT band, and ending in the foot between your fourth and fifth toes. If you press trigger points along a gallbladder meridian and find it to be sensitive, it likely means your gallbladder needs work.

The gallbladder also stores and directs the emotion of resentment. If you feel frustrated, try the gallbladder and liver reset.

The liver is a filter, detoxifying the blood flowing in from our digestive tract. It also metabolizes drugs using enzymes. It can be seen as the body's natural pharmacy, ensuring each part of us receives the appropriate compounds. When the liver is less active, it causes people to feel fatigue after eating. When it's overactive, the liver can cause back and stomachaches, bloating, and decreased immune function. Because the liver holds the emotion of anger, when it's not healthy, we can experience feelings that range from irritability to rage. But, when the liver is balanced, the emotions of generosity and forgiveness are able to flow through us.

## BENEFITS OF GALLBLADDER AND LIVER RESET

- Reduces bloating
- Reduces headaches and anxiety
- Reduces tension around the ribcage and shoulders
- Relaxes the midback, feet, and inner legs
- Calms anger and frustration

## CUEING

- Stand with your feet shoulder width apart
- Place your left hand on one of your trapezius muscles and pull up slightly
- Place your right fingers at the base of your sternum, then move them two inches to the right

- Move your fingers down until your ribcage stops and you reach the fleshy part of your abdomen
- Feel gently for your gallbladder and liver, then apply pressure with your fingers facing down
- Twist your fingers counterclockwise so that your thumb is facing upward
- Turn your head to the left and your body to the right
- Take three deep breaths in and out through the mouth
- Take three deep breaths in through the nose and out through the mouth
- Return to a normal standing position
- Go for a walk to integrate the changes

## STOMACH

The stomach breaks down and metabolizes food so that its nutrients can be absorbed by our intestines. When the stomach isn't digesting enough, it causes exhaustion, flatulence and plaque on the teeth. When it's overactive, it causes anxiety and ulcers.

### BENEFITS OF STOMACH RESET

- Eliminate stomach aches, gas, and bloating,
- Reduce tension in the quads
- Increase your motivation

### CUEING

- Place your left hand on either trapezius muscle and pull slightly upward
- Place your right hand under your ribcage on the left side, underneath the stomach
- Press upward against your stomach, and pull the fascia to the right
- Rotate your head to the left and upper body to the right
- Breathe in through the mouth and out through the mouth three times
- Breathe in through the nose and out through the mouth three times

## PANCREAS

The job of the pancreas is to make enzymes that help us digest sugars, fats, and starches. The pancreas also produces hormones like insulin which regulates blood sugar. When your pancreas is not functioning properly it leads to anxiety and paranoia. When it's healthy, the pancreas holds the emotions of openness and trust.

### BENEFITS OF PANCREAS RESET

- Regulates blood sugar
- Reduces internal tension of the left hip
- Quiets the mind

### CUEING

- Find your belly button with your right hand, and move it two inches over to the right and one inch down
- Get a stable grip on the skin with your fingers and pull the fascia upward
- Turn your head to the left
- Turn your upper body to the right
- Breathe in and out through the mouth 3 times
- Breathe in through the nose and out through the mouth 3 times
- Return to a normal standing position
- Go for a walk to integrate the changes

## BLADDER

The bladder regulates our water retention and removes waste from the body and digestive system. It's responsible for the emotion of fear, and when we feel afriad, the bladder contracts (which is why sometimes people experience incontinence when

they're scared.) When the bladder is healthy and balanced, if carries the emotion of confidence.

### BENEFITS OF BLADDER RESET

- Decreases pressure in the bladder, sacrum, and tailbone
- Stops incontinence
- Corrects anterior pelvic tilt
- Releases fearful feelings

### CUEING

- Slide one or both hands down to just above your pubic bone, where your bladder is
- Press in and pull the fascia upward
- Turn your head to the left
- Turn your upper body to the right
- Lean backward, pressing your pelvic area into your hands, and look up
- Breathe in and out through the mouth three times
- Breathe in through the nose and out through the mouth three times
- Return to a normal standing position
- Go for a walk to integrate the changes

## KIDNEYS

The kidneys work with our bladder to balance our water retention and fluid pressure throughout the body. They also help regulate our hormones, and rest just over our adrenal glands, which secrete adrenaline and cortisol. When the kidneys aren't functioning properly, it causes fatigue, backaches, UTI's, and depressed immunity. When they are healthy, the kidneys generate energy.

### BENEFITS OF KIDNEY RESET

- Energize yourself

- Heal adrenal fatigue
- Reduce tension in the shoulders and rib cage
- Expand lung capacity

### CUEING: Part 1

- Place your right hand on one of the trapezius muscles and slightly pull upward
- Place your left hand on the side of your upper left rib cage, in line with your nipple
- Squeeze your rib cage and pull the fascia down
- Take six deep breaths through the mouth, intentionally driving air into your upper mid back

### CUEING: Part 2

- Place your left hand on one of the trapezius muscles and slightly pull upward
- Place your right hand on the side of your upper right rib cage, in line with your nipple
- Squeeze the rib cage and pull the fascia down
- Take six deep breaths through the mouth, intentionally driving air into your upper mid back

## SPLEEN

The spleen serves multiple purposes, aiding digestion and filtering blood. It's the only organ observed to grow spontaneously in any area of the body where blood pools and becomes stagnant. When the spleen is overworked, it causes fatigue, bloating, and weight gain. It can also affect skin, hair, and nail growth. When unbalanced, the spleen holds the emotion of worry.

### BENEFITS OF SPLEEN RESET

- Increases your energy while keeping your mind calm
- Improves memory and skin tone

- Contributes to increased hair and nail growth

### CUEING

- Place your right hand on a trapezius muscle and pull slightly up
- Place your left hand at the very base of your left rib cage
- Track your hand along the bottom of the rib cage all the way around to the left side of the spine
- Push your thumb into this spot, and squeeze your hand around your waist
- Breath in and out through the mouth three times
- Breath in through the nose and out through the mouth three times
- Go for a walk to integrate the changes

## THYROID

The thyroid is a small, butterfly shaped gland sitting in the front of the neck behind the hyoid bone. It's considered to be one of the most influential glands in the whole body, because it balances hormones that control body temperature, energy levels, and amino acid formation. If the thyroid is underactive (hypothyroidism), it causes depression and radical mood swings. When it's overactive (hyperthyroidism), it causes the body feel restless and burn through caloric reserves too quickly. Signs that your thyroid is unstable include cold hands or feet, or abnormal temperature responses like sweating when it's cold outside.

### BENEFITS OF THYROID RESET

- Regulates temperature and hormone production
- Reduces tension in zone one
- Increases energy reserves
- Opens the throat and makes it easer to communicate

### CUEING

- Take your right hand, place it on the front of your neck
- Take your left hand place it on the back of your neck
- With your right hand, slightly pull the skin upwards on the front of the neck and hold it there
- Breath in and out through the mouth three times
- Breath in through the nose and out through the mouth three times
- Go for a walk to integrate the changes

## HEART-BRAIN COHERENCE

Throughout the day, we are constantly pulled between what our hearts want and what our brains tell us we should want. What if we could open the line of communication between our heart and brain to make the most aligned and informed choices possible?

Well, we can! Heart-Brain Coherence is exactly that: harmonizing the mind and the emotions.

### BENEFITS OF HEART-BRAIN COHERENCE

- Calm racing thoughts and stress
- Ground yourself into your body
- Achieve balance between the physical and emotional bodies

### CUEING

- Place your right hand on your heart
- Place your left hand on the top of your head
- Close your eyes
- Breath in and out through the mouth three times
- Breath in through the nose and out through the mouth three times
- Direct your full focus to your heart
- Then, direct your full focus to your head

- Go back and forth between your awareness of your heart and head
- Relax, taking slow, deep breaths
- Open your eyes and go for a walk
- How do you feel? Check in with yourself!

## BODY SCAN #2

Thank yourself for taking the time to care for your body. Allow yourself to feel love and gratitude for your body.

- Sitting, standing or lying down comfortably, take a deep breath in through the nose and out through the mouth.
- As you breathe out, close your eyes.
- Notice how your body feels right now.
- Starting at the top of the head, assess each part of your body all the way down to your toes.
- Note what feels comfortable and what feels uncomfortable. Don't judge any of these feelings or try to change them right now. Ask yourself: have any of your feelings changed since the first body scan?
- When you're ready, open your eyes.

Thank you for setting aside time to read The Essential Fascial Maneuvers Guide. We hope that you will use these tools daily and share them with your loved ones, and congratulate you on taking the first step toward healing yourself!