

Magic Massage
Restore. Relax. Alleviate tension. Self-care.
by Lisa Flynn, Yoga 4 Classrooms

Begin by sitting or standing in mountain pose.

Close your eyes and focus on your breath.

Using your fingertips in small, circular movements, massage the top of your head, your temples, your forehead, around your eyebrows and alongside your ears. Take care to spend a little extra time on the areas that need it.

Now move your fingers to the back of your neck, shoulders, massaging into any area that is holding tension.

Find your collarbone and bring your fingers down about an inch or so and find the soft spots on either side of your breastbone. Massage gently for 10 seconds.

Massage each of your hands with the opposite hand, pressing into the palm, the soft spot in between your thumb and palm, and down along each finger. Loosen your wrists by clapping, and rocking them back and forth making a figure 8.

Rest your hands on your lap continuing to keep your eyes closed. Breathe evenly and deeply for 15-30 silent seconds. Notice how you feel.

My wish for you today: Shine like the sun