

THE BEST
Tension Relief

EBOOK



Relieve Your Tension
Through Self-Love and Heal Touch

FLOWHOUSE.NET

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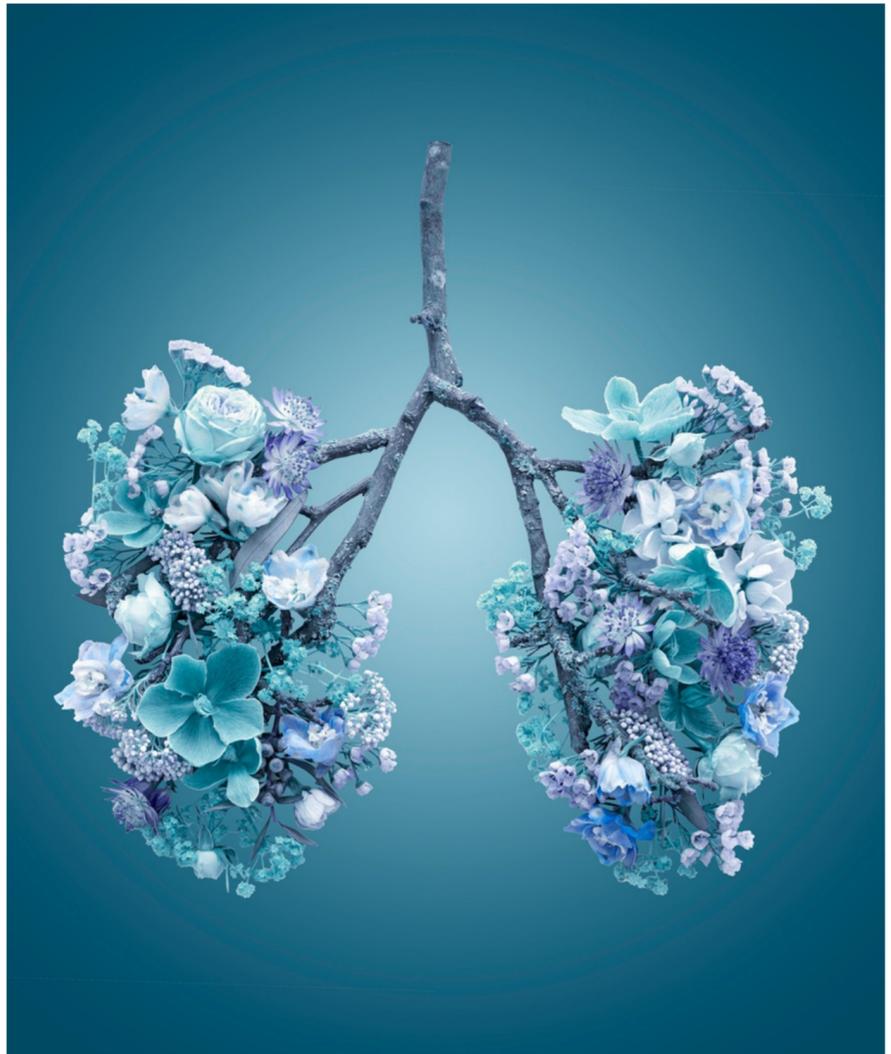
BEGINNING A SELF CARE PRACTICE

Disclaimer:

Please consult your doctor before beginning any new health routine.

The information presented in this ebook does not constitute medical advice.

TAP IN WITH YOUR PERSONAL UNIVERSAL CONNECTION



From the day we are born, oxygen becomes our most essential resource. We understand that it's vital for life, but it's also a key component of our overall health and well-being. The breathing cycle impacts blood pressure, anxiety, mental clarity, muscle tension, and more. A consistent and mindful breathing practice can elevate your physical, mental, and emotional state—ultimately transforming your life.

Breathing Technique

The Calming Breath Technique

This breathing technique is designed to be used alongside a neutral spine, which should be maintained during every exercise mentioned in this ebook.

Getting Started

Begin by sitting comfortably with a neutral spine.

Take a few deep breaths to clear the lungs and settle your focus.

Step 1: Foundational Calming Breath

- Inhale deeply over 3 seconds
- Pause for 2 seconds
- Exhale slowly over 3 seconds
- Pause for 2 seconds

Repeat this cycle 5 times, then return to your normal breathing for a few breaths.

Step 2: Deepening the Practice

- Close your eyes to bring more awareness inward
- Inhale deeply over 5 seconds
- Pause for 2 seconds
- Exhale slowly over 5 seconds
- Pause for 2 seconds

Repeat this cycle 5 times, then return to your natural breathing rhythm.

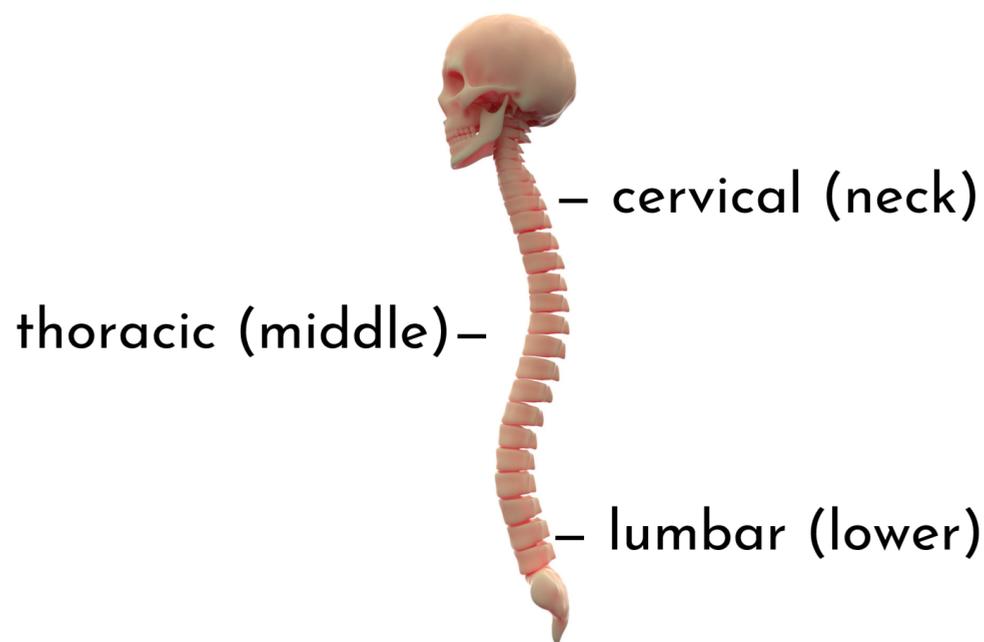
Use this breath in moments of stress, during meditation, or throughout your exercise routine.

Remember: Apply this calming breath technique during all exercises mentioned in the following sections of this ebook to enhance focus, control, and overall effectiveness.

Neutral Spine

The natural position of the spine is when the 3 curves of the spine are in alignment.

The Three curves of the spine



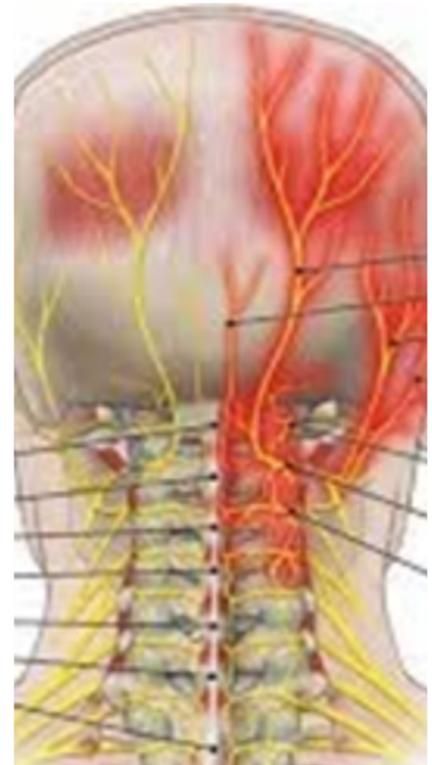
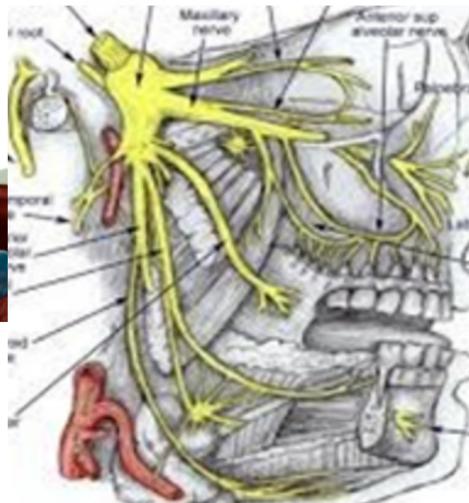
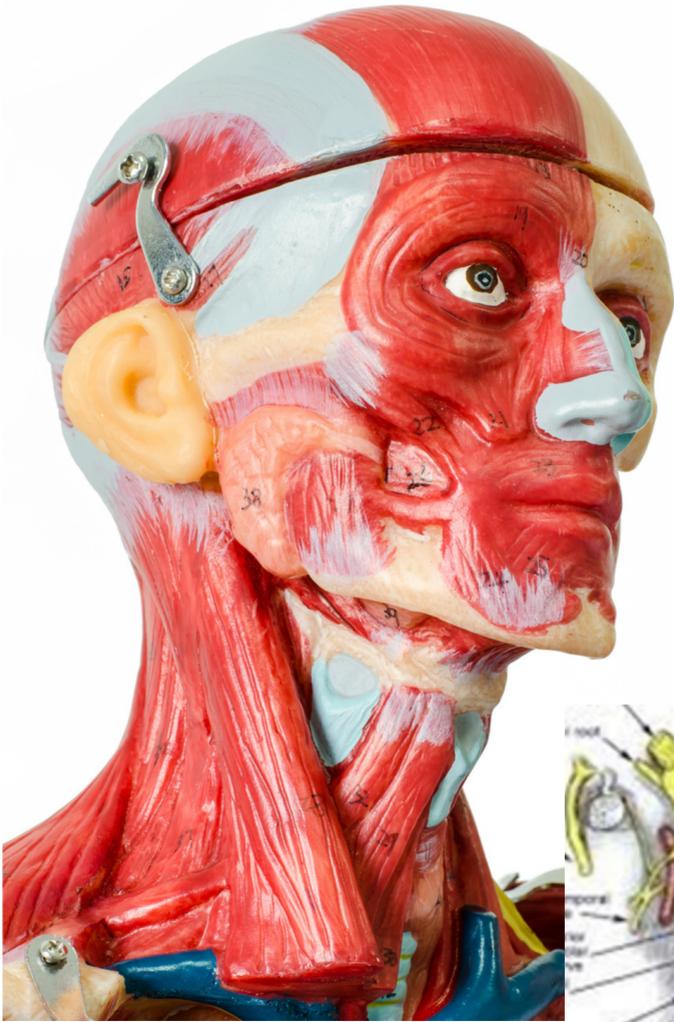
This is the strongest position for the spine. With any exercise always begin with a neutral spine for safety and protection. Think head over heart and heart over pelvic.

Anatomy

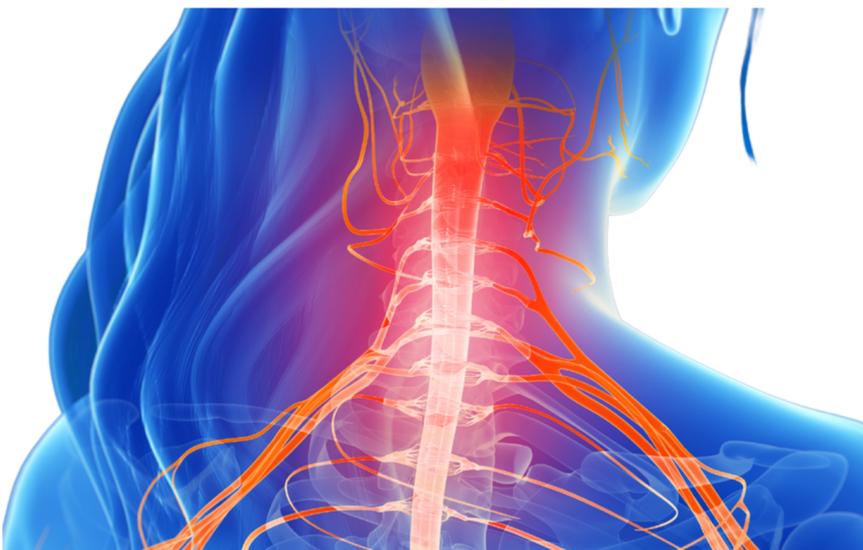


The anatomy section provides a visual representation of the areas you're working on and demonstrates how to use your body correctly to help reduce aches and pains.

**Symptoms of Dysfunctions:
Headaches, Jaw clicking (TMJ),
Neck Pain, Headache and
Nerve Dysfunctions**

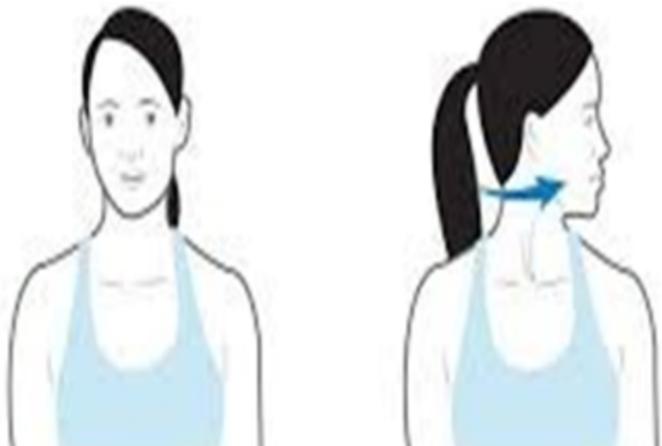


Symptoms of Dysfunctions:
Tension in shoulder (Burning,
tingling, throbbing) can lead to
pinched nerve, jaw dysfunctions, etc.
Impingement of this nerve
leads to many arm dysfunctions



Stretches: Head and Neck

Remember to practice the breathing technique when trying any of these exercises



_From neutral inhale and on an exhale sweep your chin to the right shoulder, pause inhale to neutral, exhale sweep chin to left shoulder pause Repeat to a few times

_From neutral tuck your chin tilt head inhale deeply and on the exhale sweep nose to the right shoulder, pause, inhale returning to neutral, exhale sweep nose to the left shoulder pause Repeat

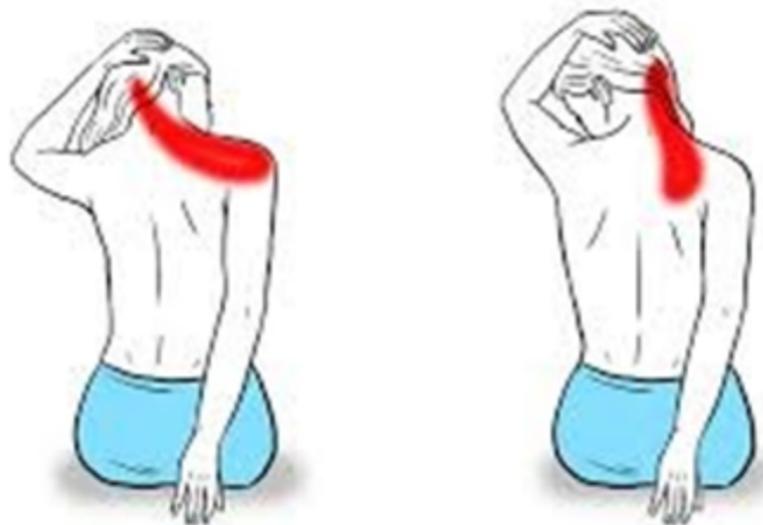
*Try this with arms folded behind back

_From neutral with right arm behind back, (elbow straight or bent) on the exhale bring nose to armpit, pause inhale sweep left hand up and around to rest on head.

Do not pull on the head

breathe deeply for a cycle of 3 deep breaths release hand from head, return to neutral, release arm and light shake it out Repeat on the other side

*excessive pulling to the head in this stretch is not recommended and can cause further injury



*** Jaw and TMJ Specific**

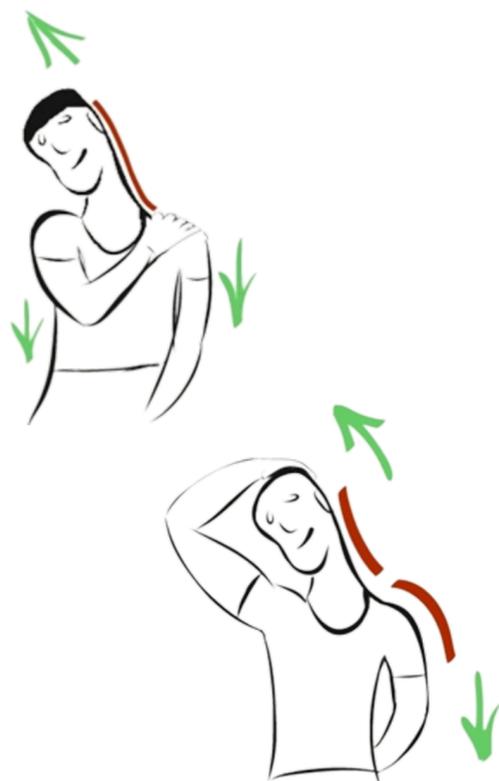
_From neutral, inhale deeply resting your left arm on your right shoulder. Exhale tucking the chin and lightly dropping the nose to the armpit. Breath deeply for 5 cycles of breath as you On an inhale slowly lift the nose returning to neutral. Repeat on right side

_With your head in neutral bring your right arm behind your back, bring left ear to meet left shoulder. Breath for 3 cycles of breath. If a bit more stretch is needed lift left hand to rest on the back of your head. Repeat on opposite side

*excessive pulling to the head in this stretch is not recommended and can cause further injury

*different positions of the arm will deepen the stretch.

Ex. arm behind back or arm extended reaching away from body palm facing up or down





When joints and muscles are more flexible, the body moves more efficiently and with less strain. This can prevent the compensation patterns that lead to pain, especially from repetitive movements or poor posture.

Massage

Self-massage is a wonderful act of self-love. It improves circulation, reduces stress and tension, and helps stimulate and detoxify the body.



Jaw and TMJ Specific

Massage Motion:

circles or deep prolong holds along with nice slow deep controlled breathes will help release the tension



Deep pressure



Lite pressure

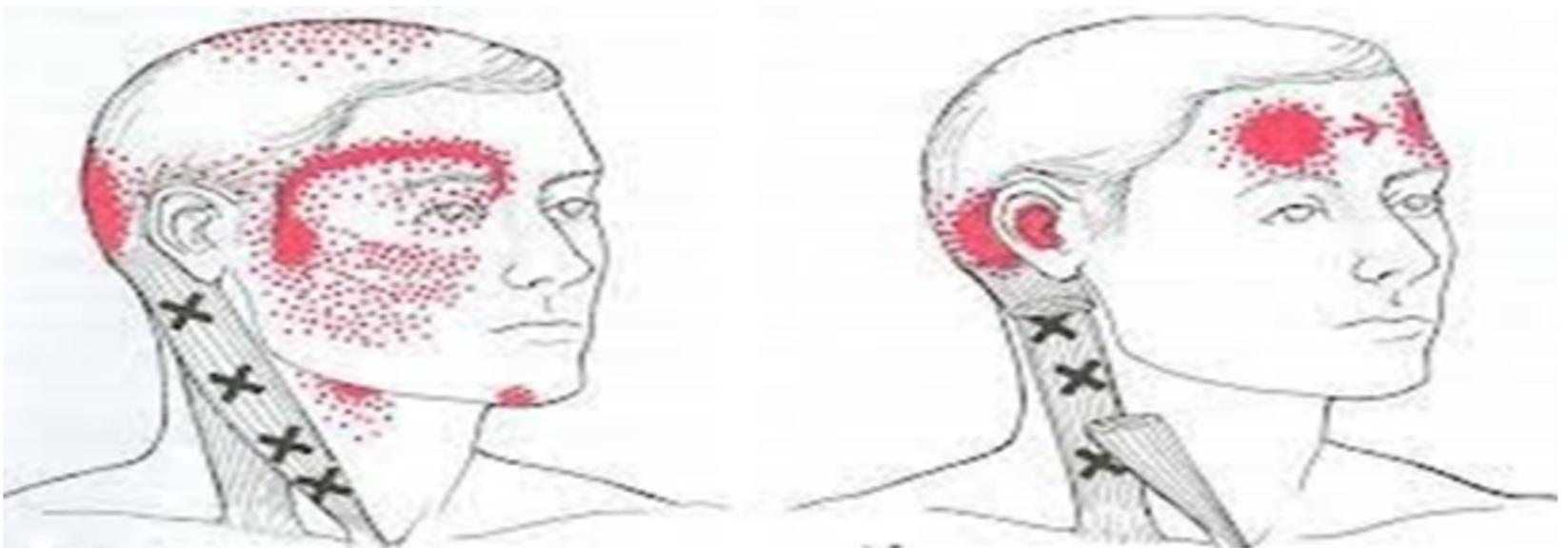
Neck Pain and Heachaches



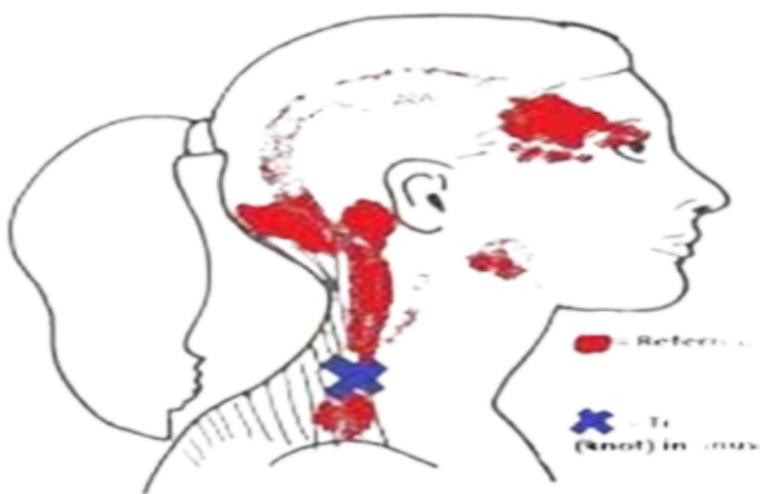
Deep Pressure



Deeper Pressure



*Use a pinching motion starting at first (x) point just behind jaw moving down to shoulders repeat until satisfied as you deep breathing until tenderness subsides



* Use hand in a cupping position (right hand up behind Left ear) then slowly drag fingers down neck to shoulders, breathe deeply and repeat until satisfied then repeat on the other side.

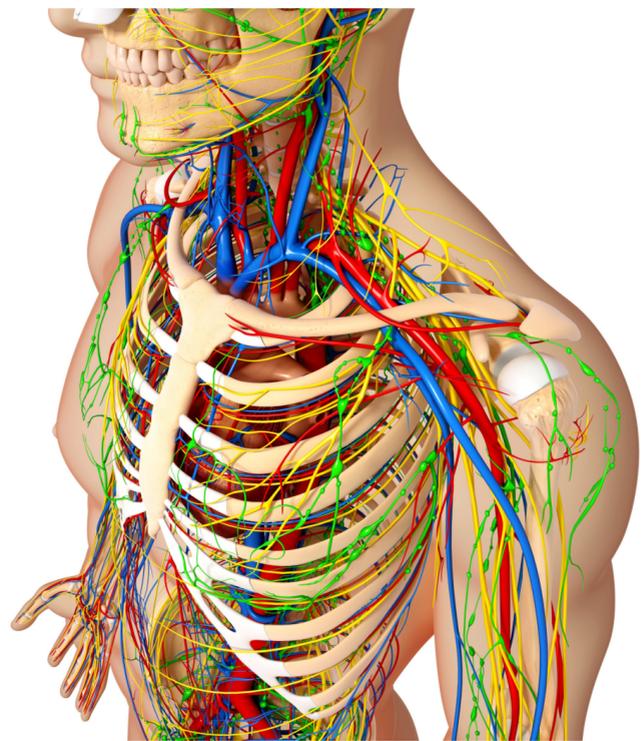
*Use hand in a cupping position and a ball (ex: tennis ball or lacrosse ball) for even deeper pressure. Repeat on opposite side

Anatomy: Upper Back, Chest, Shoulders & Arms



Symptoms of Dysfunctions:
Neck and upper back pain,
pain between the shoulder blades,
can limit shoulder mobility and can
lead to an impingement of the
Brachial Nerves

Symptoms of Dysfunctions:
Chest, clavicle and sternum
pain, and rib subluxation

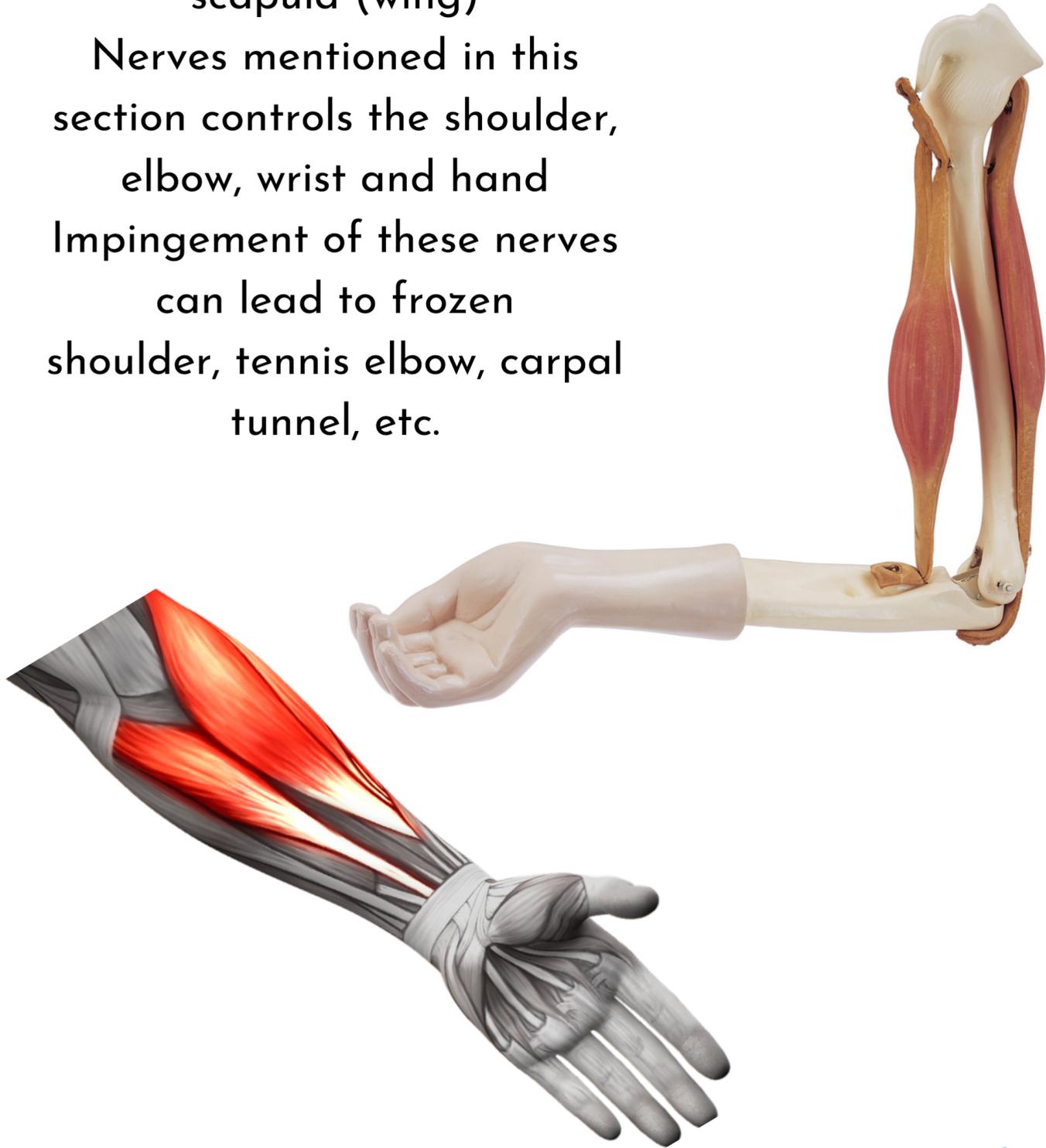


Symptoms of Bicep Dysfunction:
Shorten bicep: shoulder rotation,
and flexed elbow due to
shortened bicep, Painful
shoulder, limited shoulder
rotation, snapping scapula
(wing)

Symptoms of Dysfunctions:

Painful shoulder, limited shoulder rotation, snapping scapula (wing)

Nerves mentioned in this section controls the shoulder, elbow, wrist and hand
Impingement of these nerves can lead to frozen shoulder, tennis elbow, carpal tunnel, etc.



Symptoms of Dysfunction:

Pain in the forearms and hands, trouble gripping, elbow, wrist and finger tension (throbbing, achy, sharp pains)

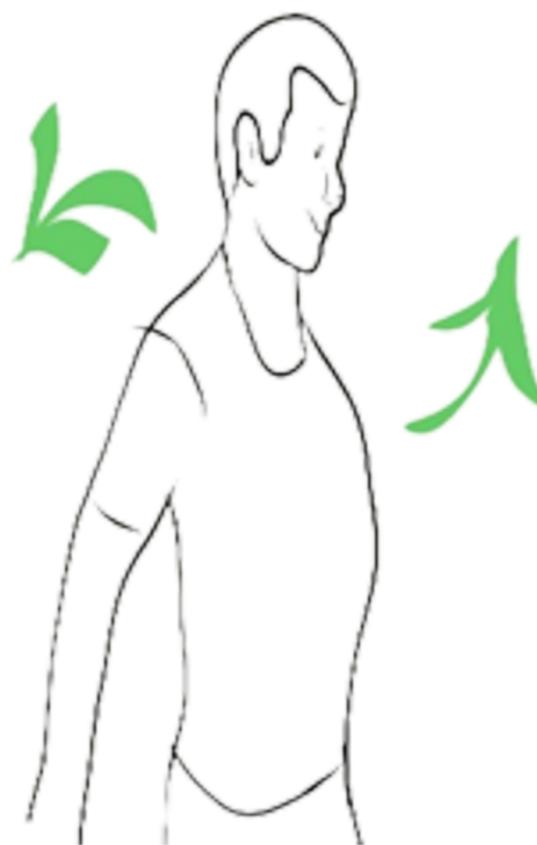


Stretches:

Upper Back, Chest, Shoulders & Arms

Bring shoulders up to ears
drop rounding them to the
back bringing shoulder
blades as close together as
possible continue down
making elbows heavy then
rounding shoulders forward
and back up towards ears
completing the circle

Repeat in both
directions until satisfied

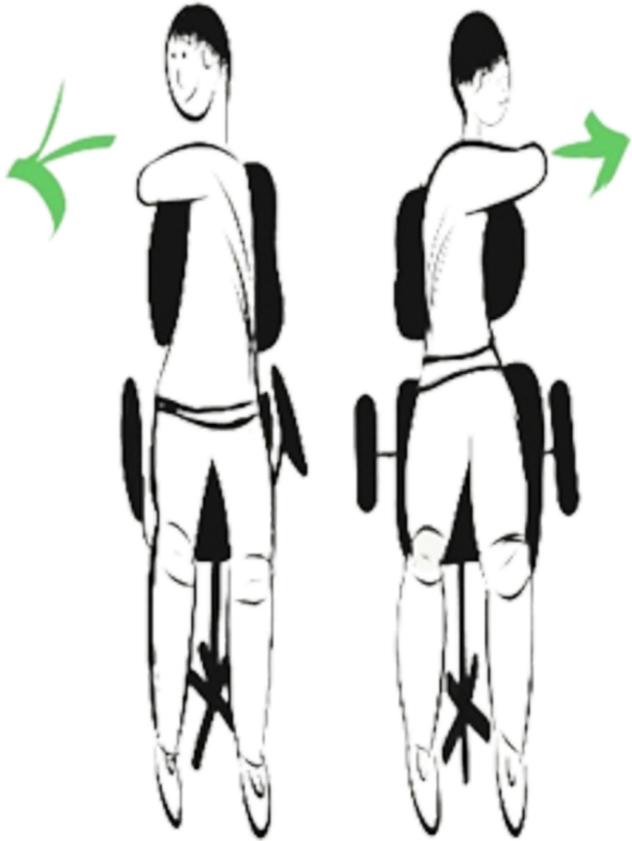


(Grab a towel, a scarf or belt)



Hold towel in your right hand.
Extend hand reach out long
and bring fist to the
space between your shoulder's
blades. With your left-hand
reach behind you and
grab the towel. Breathe deeply,
find comfort and ease. Release
after 5 to 10 sec.

Repeat on opposite side



From Neutral, lift your elbows take a big inhale and on the exhale twist to the right leading with your chest breath here for a moment

Repeat on the other side

From neutral bring hand behind head, pull shoulders away from ears, take a big inhale and on the exhale reach your elbow towards the floor breath here for a moment.



Repeat on other side

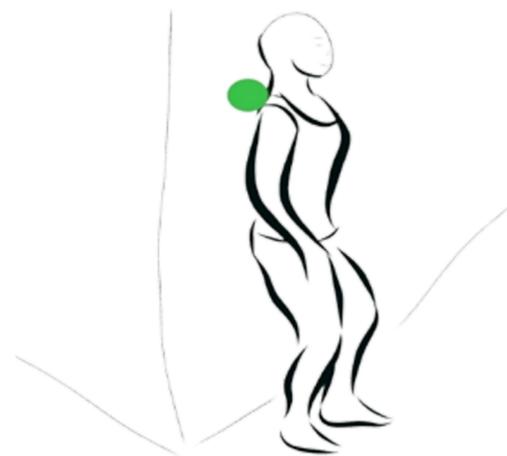
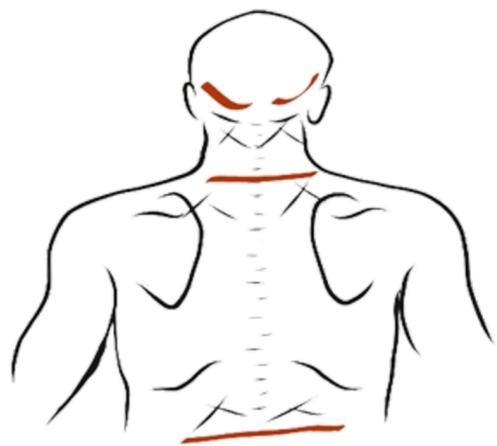


With your spine in neutral inhale deeply and on your exhale, arch back bring heart towards spine

On an inhale extend heart forward, shoulders blades draw closer together, nose reaches for the sky

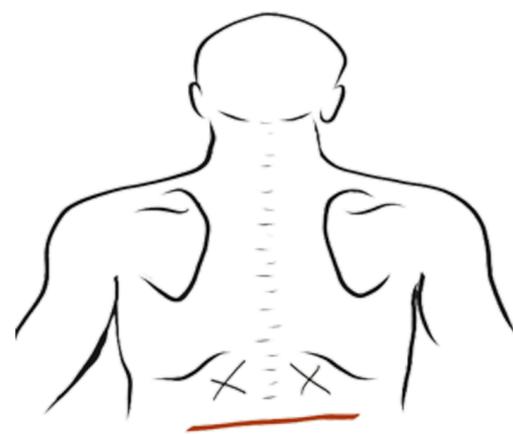
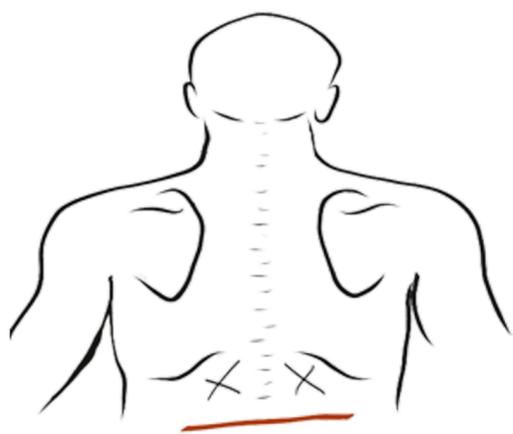
Repeat repeatedly until satisfied

Massage: Upper Back, Chest, Shoulders & Arms

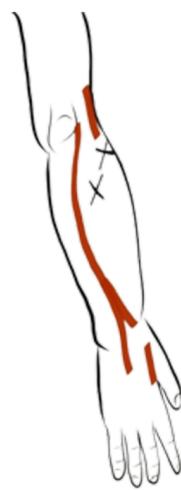
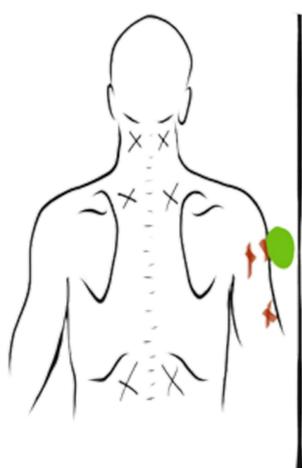


Bend knees as you sit into the wall. Place ball in desired area of tension and return to your breath until satisfied

The deeper you bend your knees the more pressure you can supply, it will allow you more control over your tool also. Return to your breathing letting your breath and control guide you



To reach area beneath lower ribs it maybe easier to use floor instead of wall



Golf balls works well for the forearms. Place ball in desired area of tension and return to your breathing moving and holding as needed until tension subsides.

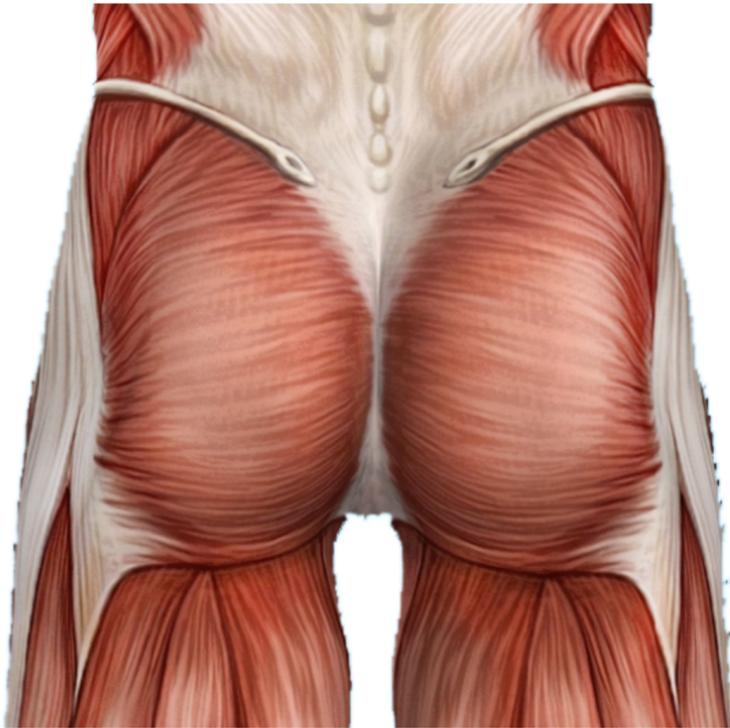
If it is no friction between ball and surface the ball will be uncontrollable use a cloth between the two for more control.



The hands and feet are important and can tell you a lot about what is going on in the body through the study of reflexology. Please take time out of your day to massage your hands and feet it will help to flush and remove toxin from the internal organs.

I encourage you to google and print a reflexology chart to help you better navigate the tender areas of the hands and feet.

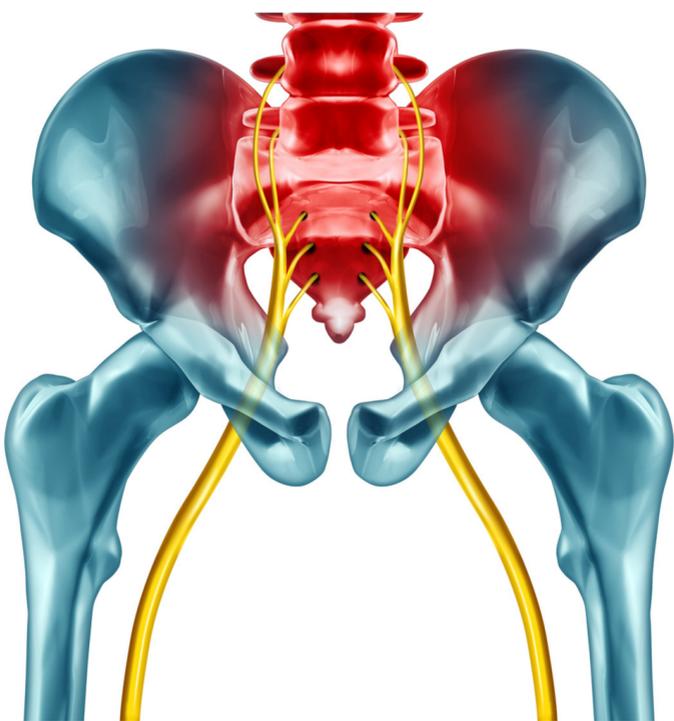
Anatomy: Lower Back, Hips and Glutes



Symptoms of Dysfunctions:
Sciatica, Lower back pain,
Throbbing, shooting or
sharp pains in glutes and hips.
Feelings of deep throbbing
pains in sit bones

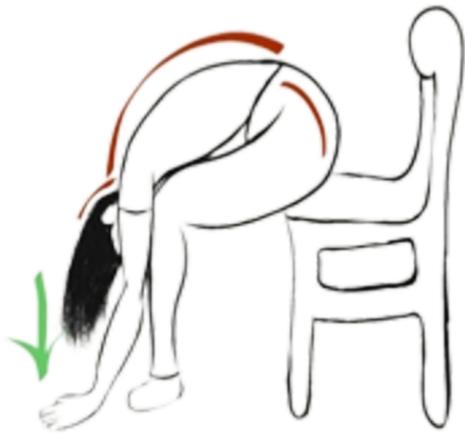


Symptoms of Dysfunctions:
Limited mobility of pelvis and
hips. Tension in groin and
hamstrin



Sciatic nerve controls lower
limbs (glutes, thighs, calves
and feet) while giving feeling
to the leg. Impingement to
the sciatic nerve can lead to
sharp, shooting throbbing
pains with the potential to
lead from the lower back
down the legs through calves
to feet.

Stretches: Hips and Glutes



Begin sitting in neutral feet planted firmly on ground root down through your sit bones extend heart forward and hedge at the hips. Find ease allowing your belly to rest of the top of the legs allowing the head to relax and extend towards the floor.

If you need more of a stretch bend left knee allowing the ankle to rest on right knee (**flex toes always**) hinge at hips as far as possible then back off just a bit

Return to your breathing letting your breath guide you



While standing plant feet firmly (brace yourself on a table, wall or chair) inhale deeply and on the exhale bend your right knee grabbing your right ankle pull foot up to meet glute as you thrust hips forward

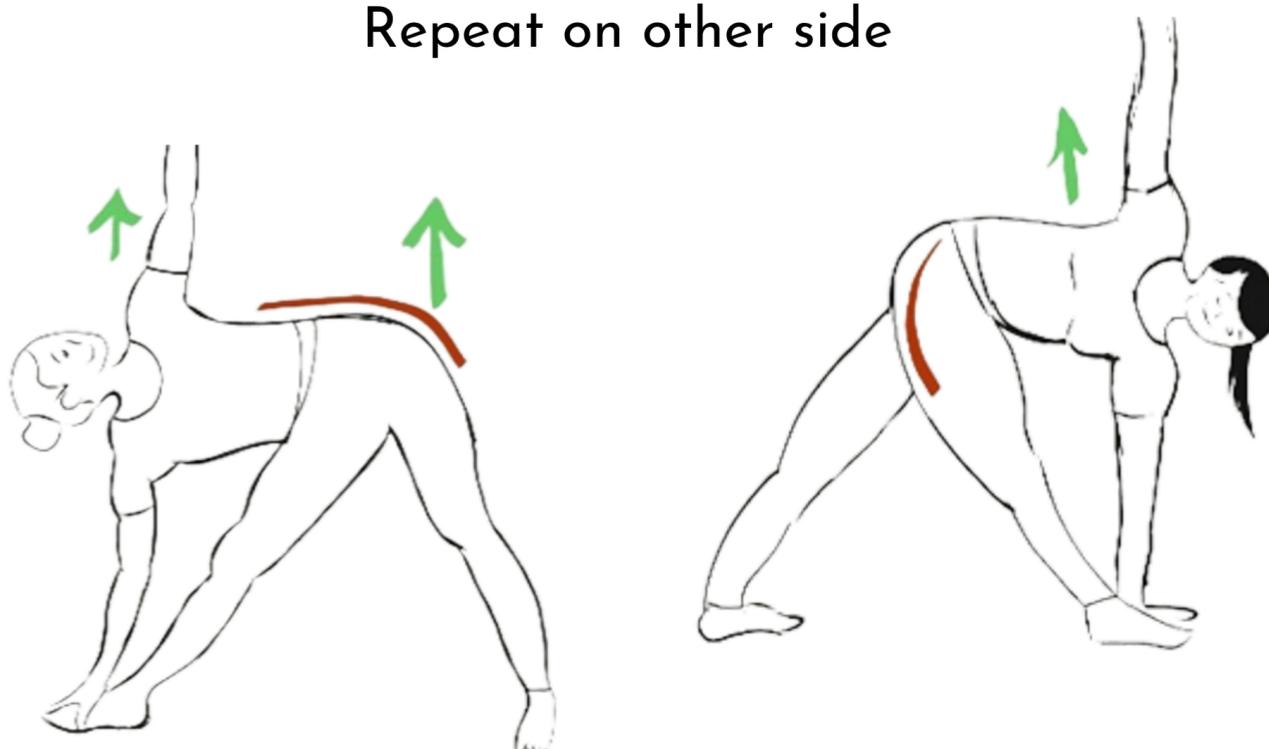
While sitting move chair away from desk so that only your forearms can lay flat on the surface. inhale deeply and on the exhale, hinge forward allowing belly to rest on your thighs or as close as possible breath until your feel satisfied





Stand with feet wide apart
 slowly turn to the right, bend right knee and lift the left heel.
 Square your hips take a big inhale and raise your hands to
 the sky

(lower your left knee if this stretch is too much)
 Repeat on other side

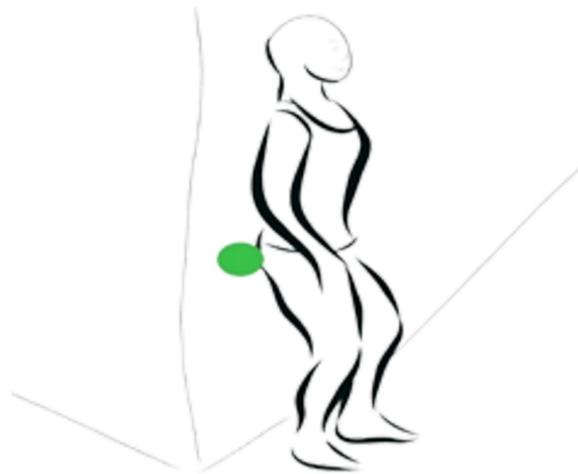


Stand with your feet spaced apart inhale deeply and on your
 exhale slowly lean forward as you hinge at the hips allowing
 your right hand to meet your right foot

For a deep stretch

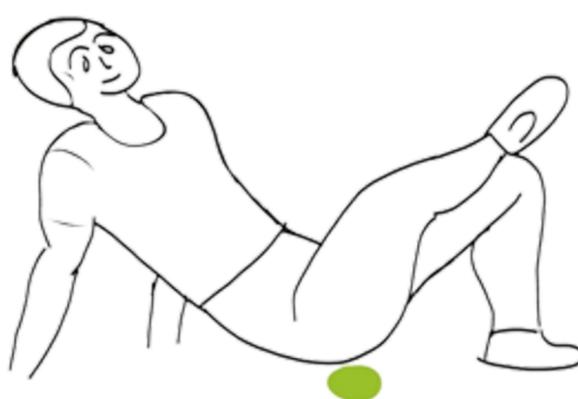
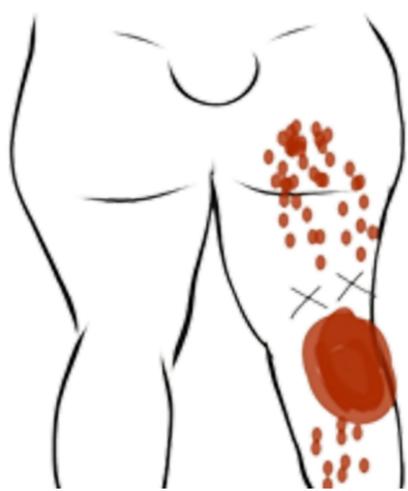
Stand with feet wide apart inhale deeply and on
 your exhale slowly twisting and hinging at the hips allowing your
 left hand to meet your right foot

Massage: Hips and Glutes



Bend your knees as you sit into the wall. Place ball in desired area of tension and return to your breathing until tension subsides.

The deeper you bend your knees the more pressure you will be able to supply, it also will allow you more control over your tool



To reach areas in lower glutes or hamstrings it may be easier to use a chair or the floor instead of wall as depicted in pictures above. You can also sit a heavy object like a book on thigh to add pressure

