

Shoulder, neck and jaw tension: 14 days of self-kind action

DAY 1 <u>Focus on the Jaw and Neck (1581) (10 min)</u>	DAY 8 <u>Focus on the Jaw and Neck (1581) (10 min)</u>
DAY 2 <u>Arch and Flatten neck edition (1521) (10 min)</u>	DAY 9 <u>Neck shoulder block reach (1537) (20 min)</u>
DAY 3 <u>7 minute shoulder love (1368) (7 min)</u>	DAY 10 <u>Arch and Flatten neck edition (1521) (10 min)</u>
DAY 4 <u>Magic with a Ball (1167) (10 min)</u>	DAY 11 <u>7 minute shoulder love (1368) (7 min)</u>
DAY 5 <u>Focus on the Jaw and Neck (1581) (10 min)</u>	DAY 12 <u>Magic with a Ball (1167) (10 min)</u>
DAY 6 <u>Arch and Flatten neck edition (1521) (10 min)</u>	DAY 13 <u>Arch and Flatten neck edition (1521) (10 min)</u>
DAY 7 <u>A JAWly good time (1578) (40 min)</u>	DAY 14 <u>Tune In (1559) (45 min)</u>

	1	2	3	4	5	6	7
I paused in response to my body's signals today	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	8	9	10	11	12	13	14
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5	6	7
I connected with my internal anchor today	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	8	9	10	11	12	13	14
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes: (E.g.) My favourite sessions, pattern interruptors and internal anchors. Things I'm noticing, finding challenging etc.)