

SHAKTI'S SELF CARE

- ✚ Drink two water bottles or more to start your day
- ✚ Stretch out your neck, pecs, shoulders, hamstrings, hips and glutes to loosen your body
- ✚ Lay flat for one- two minute to realign your spine
- ✚ Sit, stand, and walk with your ribs up, and shoulders down and back
- ✚ Take full, slow, deep breaths throughout the day
- ✚ Massage any strained muscle, stretch it, and ice it
- ✚ Ice your neck on a regular basis even if it doesn't hurt
- ✚ Stretch for an hour before bed full body once more
- ✚ Lay flat for five minutes
- ✚ Sleep on your back with NO pillow under your neck and pillows under your knees