

12. Self Massage – Waking Everything Up!

A. Waking up the Head



- Head: Hands go behind the neck then up behind and over the face – not touching



- Cheek bones: Make fists, put them over your cheek-bones and push out (circular)
- Ears: Hands cupped and massage with backwards and forwards circles
- Jaw: Open/Close silently (tongue to roof of mouth)