

## 12. Self Massage – Waking Everything Up!

### C. Waking up the Legs

- Hit the sides and back of the hips
- KEEP HEAD UP AS YOU BEND & HIT:
- Quadriceps: the whole front of both thighs
- All around both knees
- All around both calves
- Hamstrings: back of thigh



- Ground yourself, **lift up on toes, BIG BREATH IN, land on heels, BIG BREATH OUT – 3 times**
- “Massage” legs, shaking the knees apart and together with feet grounded



- Move everything every which way!
- Twist to each side and use flat hands - **loosely hit sides and buttocks**