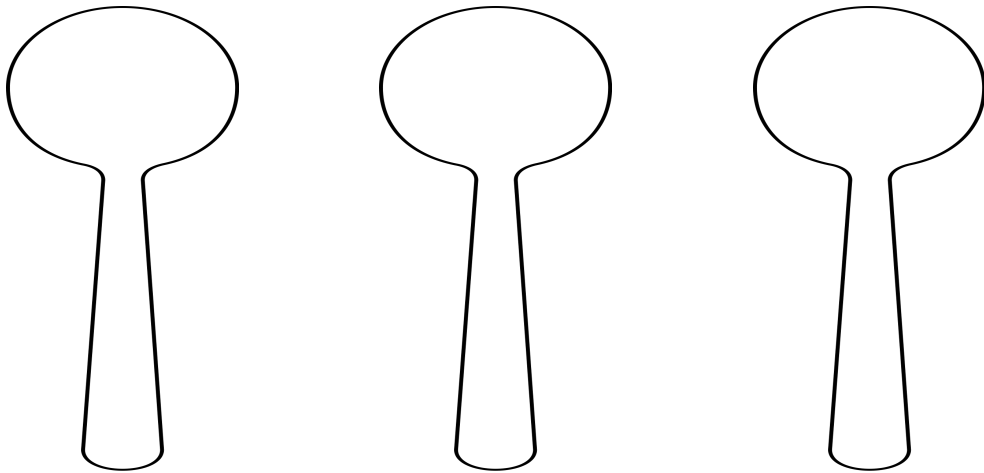
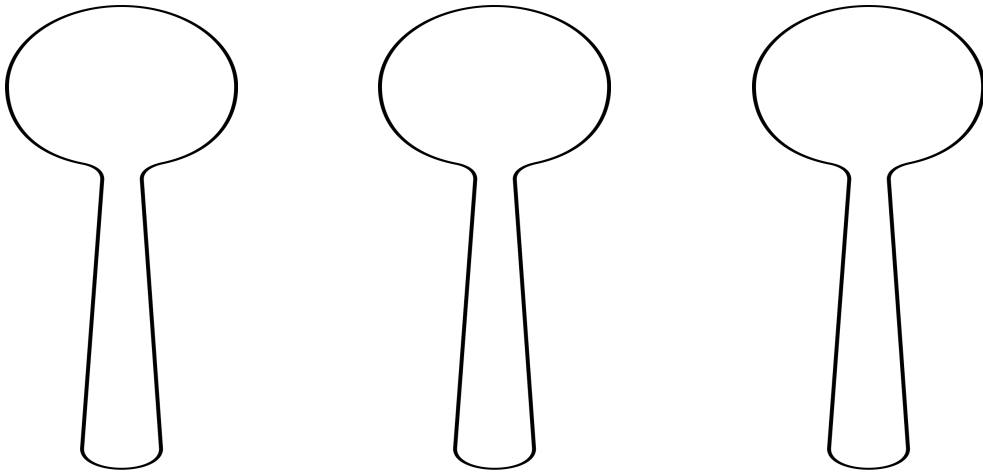
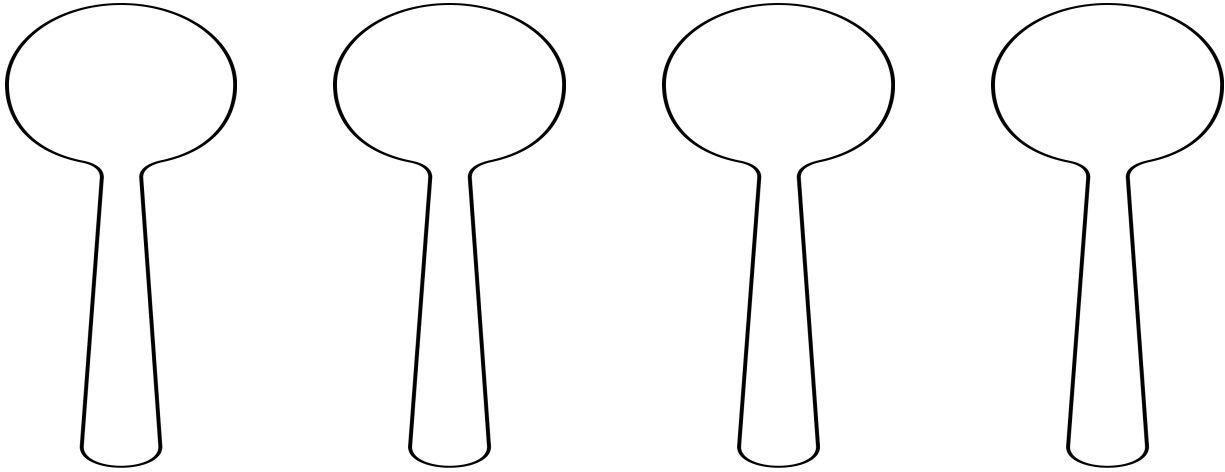


# Your Energy



# TIPS FOR CREATING MOVEMENT SESSIONS

Pain Level Check

Posture and Patterns

Meridian Activation

Breathing

Tissue Work

Full Body, Mobility, Regressions, Seated

Balance, Unilateral, Rotation

Breaks, Now vs. Later

Other Pain Sources

Language

# EXERCISE SWAPS

**Lower Body**

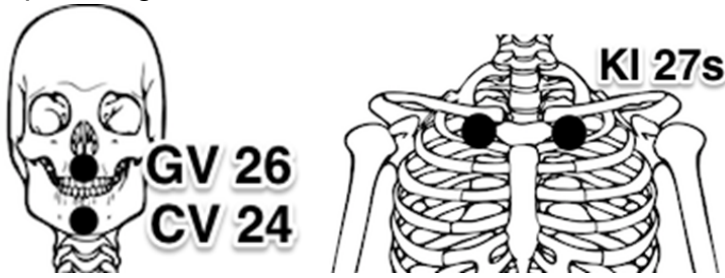
**Upper Body**

## Power On Your Brain

Improves communication pathways in brain, helps focus and concentration, reduces stress and worry

Rub the points shown in each of the images, one at a time, while the other hand is held lightly over your navel.

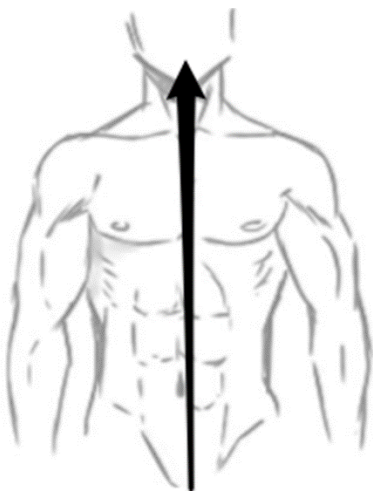
Points are firmly (but not painfully) rubbed for about 30 seconds. Switch hands and rub the points again.



## Zip It Up

Point toward the pubic bone, within two inches of the body, and quickly sweep your fingertips upwards towards the chin. You do not need to touch yourself in any way during the sweep.

Swing your hands away from the body slightly before you reposition your fingertips to point again at the pubic bone and repeat 'sweeping' upwards four or five times. Always move up and away from the body.



[Energyself.co](http://Energyself.co), Heather Phillips

## **Books:**

Cure - A Journey into the Science of Mind Over Body - Jo Marchant

The Brain that Changes Itself - Norman Doidge

The Brain's Way of Healing - Norman Doidge

Becoming Supernatural - Joe Dispenza

The Body Keeps the Score - Bessel Van Der Kolk

Somatics - Thomas Hanna

Healing Back Pain - Dr. John Sarno

Living a Healthy Life With Chronic Pain - Sandra LeFort, Lisa Webster et al.

The Mind Body Prescription - Dr. John Sarno

The Pain Relief Secret - Sarah Warren

Breath - James Nestor

<https://www.youtube.com/c/PerryNickelston>

<https://www.youtube.com/channel/UHCABftGT184YQ33z8l1uCw>

<https://virtualbrainhealthcenter.com/>

## **Connect with me:**

**Email**

[fran@frangartoncoaching.com](mailto:fran@frangartoncoaching.com)

**Website**

[www.frangartoncoaching.com](http://www.frangartoncoaching.com)

**Instagram**

<https://www.instagram.com/frangartonpaincoach/>

**Free Pain Quiz**

<https://frangartoncoaching.com/free-pain-quiz>

**YouTube (Canfitpro Playlist)**

[https://www.youtube.com/channel/UCLgxbhYO43\\_1B6y77ysx8wQ](https://www.youtube.com/channel/UCLgxbhYO43_1B6y77ysx8wQ)