GET IN YOUR CORE

TWO SELF-RELEASE FASCIAL MANEUVERS

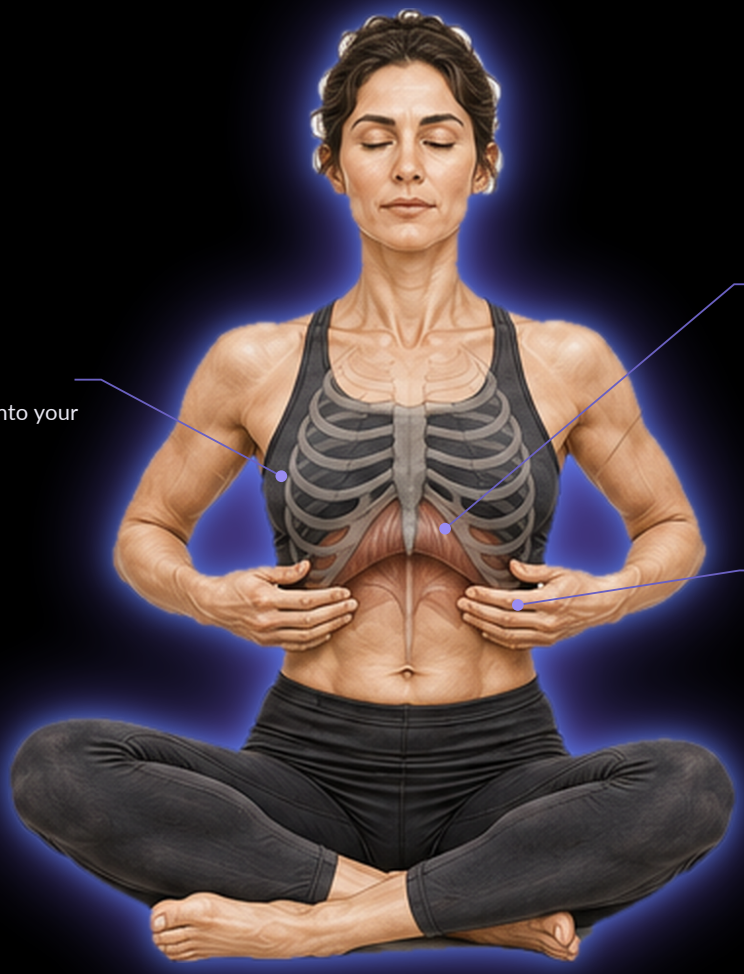
Here are two self-release fascial maneuvers to help you feel your core switch on. Give your body 3 minutes with each and see how you feel.

1 RELEASE THE DIAPHRAGM

Place your fingertips just under your ribs. Do a few slow, light strokes from the center of your ribs, down to the bottom before going in for the full release. Then, sink your fingertips underneath the ribs. If you need to hinge at the hips to go deeper you can. Inhale, letting your ribs push into your fingers. On the exhale, sink, hold, feel the fascia start melting. Make your way along the ribcage.

Do this for three minutes or longer.

Notice what happens to your jaw.



RIBS
Feel your ribs expand into your fingers as you inhale.

DIAPHRAGM
Located under the ribs, it helps you breathe and manage pressure.

FINGERTIPS
Insert under the ribs and apply pressure that's deep but not painful. Hold and let the fascia melt.

YOU CAN DO THIS:



SITTING STANDING LYING DOWN

DEEP CORE ENGAGED

Your core organizes your center and stabilizes you. Breathe fully in three dimensions—feel your ribs expand left–right, front–back, up–down, both across the front, side and back body.

✳ This releases tension in the diaphragm and can help your jaw soften.
Breathe. Press. Guide. Let go.

2 ACTIVATE YOUR CORE

Stand with your feet hip-width apart. Ask the question in your mind: 'Am I standing on the ground, or is the ground holding me up?' Notice how that changes sensation in your body. Create a neutral pelvis, so it's not tilting forward or backward. Stack your ribs over your pelvis, shoulders over ribs, lengthen up. Rise up onto your toes. Stay on your tippy toes as you start to bring a bend into your knees. Rise up and repeat. Put a slow song on, or you can play this one I chose for you. Wobbles are good. Feel the inner part of your legs engaging. This is your **Deep Front Line,** which runs from your **big toe, up your inner legs, through the pelvic floor, deep core, diaphragm, heart space, cervical spine, jaw, temporals.**

Do this for three minutes or longer.

A. LENGTHEN AND RISE ONTO YOUR TIPPY TOES

B. BEND KNEES SLOWLY



FEEL THE ACTIVATION RUNNING ALONG THE INNER PART OF YOUR LEG:

ankle, calves, inner thighs to abductors.

You might feel your legs shake before your core catches up and takes over. That shake is your body finding the support it forgot it had.

WHAT'S HAPPENING:

You're training your body to create support from the ground up—through your feet, legs, pelvis and deep core—so your jaw doesn't have to help stabilize.

NOTICE:

Check in with your jaw. What's it doing now? Can you feel more support coming from the ground and your center?

✳ This isn't a one-and-done fix. Repatterning needs repetition—so you do this again tomorrow, *and the day after, until your core is stable enough for your jaw to finally let go.*

WHAT DID YOU NOTICE?

Is there more space in your ribcage? Did your breath drop lower? Does your jaw feel softer, even slightly?

That's your deep core coming back online. Your inner stabilizing system just woke up and your jaw got permission to stop holding.

Most women notice an immediate shift. Some feel it as relief in the jaw itself. Others feel it as a softening through the neck and shoulders, or a sense that breathing just got easier.

If you didn't feel much yet, that's okay too. It's all information. Keep the diaphragm release and three-dimensional breathing going. Keep strengthening your connection to your body through these practices and keep learning to listen. It's a beautiful, slow journey, and when it lands, it feels SO good!

WHICH IS EXACTLY WHY I BUILT YOUR SERUM ISN'T WORKING.

THE NEXT STEP

YOUR SERUM ISN'T WORKING

A three-day self-paced face fascia release for the tension skincare can't touch.

When your jaw holds the intensity of your life, it shows up in your face, too.

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