



Stretching for Self-Care

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Self-care is not selfish.
You cannot serve from an empty vessel.

~ Eleanor Brown

Action Item

What is one stretch that you can use intentionally for your own self-care?
(CBMT Domain IV.A.1)

Resources

- Joint Freeing Series by Mukunda Stiles of the Yoga Therapy Center
 - <http://www.crohnsforum.com/yoga/Joint-Freeing-Series.pdf>
- Mind Body Solutions Healthcare Training
 - <http://www.mindbodysolutions.org/healthcare-training/>
- Yoga Journal
 - <http://www.yogajournal.com>

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If you have any questions or comments, please let me know!

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