Stretching for Self-Care

<u>Goal</u>

Identify one stretch to use *intentionally* for self-care. (CBMT Domain IV.A.1)

Jennifer Hicks, MT-BC, RYT Joyful Noises LLC



Questions? Thank you!

Jennifer Hicks, MT-BC, RYT Joyful Noises LLC <u>www.JoyfulNoisesLLC.com</u> jhicks@JoyfulNoisesLLC.com

@JoyfulNoisesLLC on

