

SEPTEMBER

HUSTLE FOR THE MUSCLE

Official Newsletter of Elite Massage School



UPCOMING CLASSES & EVENTS

Mon, Sept 12th @ 10 AM

Morning Program Begins

Location: [Elite Massage School](#)

Sat, Oct 8th @ 10 AM

American Red Cross

Basic Life Support (BLS)

CPR 2 Year Certification

Hosted by: [Elite Massage School](#)

Location: [Elite Massage School](#)

MONTHLY SELF-CARE TIP

Self-care isn't a One Time Deal.

You can not just check it off a list and forget about it.

When doing an effective self-care [routine](#) you need to make it [repetitive](#) and part of a natural regimen.

Be Completely Present

Put down the screen device and try to be present in those few minutes of a task or conversation and use it as a mini mindfulness session. Make the connections while being present.

Clear a Space that's been Bothering you

If the clutter of a certain space is draining you, making you antsy, or is in the way of completing tasks...don't put it off any longer – tidy it up now and make a habit of keeping it like that.

If it is a large space. Do bits at a time. Piles at a time. Re-locate to places that allow flow!

Edit your Social Media Feed

Social media can be draining. Go through your feed and mute or hide anyone whose posts don't serve you, don't make you feel good or teach you anything beneficial.

Stretch Out

Carefully bend forward and touch your knees, toes, or the floor as low as you can go and hold for 6 seconds. Then slowly roll back up and reach your arms above your head towards the ceiling or sky.

Unwind your tension and muscles with just these few stretches a day.

Switch Off for a While

For you, switching off could mean putting your phone on silence or losing yourself in a good book. Take a bath or a walk outside.

Whatever it is, it's important to give our minds a rest and restart.

Connect with people you care about

Be around those people who you can have a nice conversation with; where you can both really listen and be there for each other.

THANK YOU FOR YOUR SUPPORT!



FOR MORE INFORMATION ON CLASSES
& OUR NEW SCHOOL VISIT:

ELITE MESSAGE EDUCATION CENTER

ELITE-MASSAGE-SCHOOL.COM

ADMIN@ELITE-MASSAGE-SCHOOL.COM

