Philip Warton Relaxation Practice Journal 4

Day 1: Today I did the “Self-Massage Technique” and “Savanasa 1”. During the self massage I tried to stand on the two pinky balls with both feet at once, but this proved quite difficult as the balancing is very precise. After attempting this I went back to the one foot at a time method and got a nice massage in. The calf massage was very nice because I did calf raises the other day and this really helped to ease that soreness. I did not totally understand the hand massage to be honest. There is not a whole lot to say about the savanasa, but It was a good time to practice breath and body relaxation.

Day 2: Today I did “Self-Massage Technique 2” and “Savanasa 2”. During the self massage technique 2 I found that the rocking motion was very useful for finding good places for the pinky balls to massage. The one under the lower back was kind of intense, but I think that hopefully it was the kind of ‘good pain’ that means you found a pressure point. The savanasa to end it was very relaxing and it was nice to lie on the ground without having pinky balls under me it was a bit of a relief.

Day 3: Today I did “Self-Massage Technique 3” and “Savanasa 3”. I have a lot of tightness in my upper back so it was very relieving to be able to work through that using the techniques you mentioned and the two pinky balls. I tried to keep everything in place but sometimes the balls would end up positioned asymmetrical so there was a lot of finicking to be had, but overall still a net positive result. Today’s savanasa I noticed the beating of my heart, but for some reason my parents had the AC on so it was about 64 degrees which was pretty distracting as I was shivering cold during the practice.

Day 4: Today I did “Self-Massage Technique 4” and “Savanasa 4”. The shoulder massage hit different today I think I have very tight shoulders. It was definitely painful but I think it’s the good pain that means that tension is being released. The neck stuff wasn’t so bad, stuff I regularly do before warming up to sing. The head massaging was kind of weird, but I guess maybe for some it will have a greater effect than it did for me.

Did savanasa 4 again this week and found that with the guidance from the instructor the mindfulness feels a little bit like cheating. While alone, I feel that my mind is more likely to wander and do its own thing but while listening to the audio there is less silence and it is easier to not have a wandering mind.