

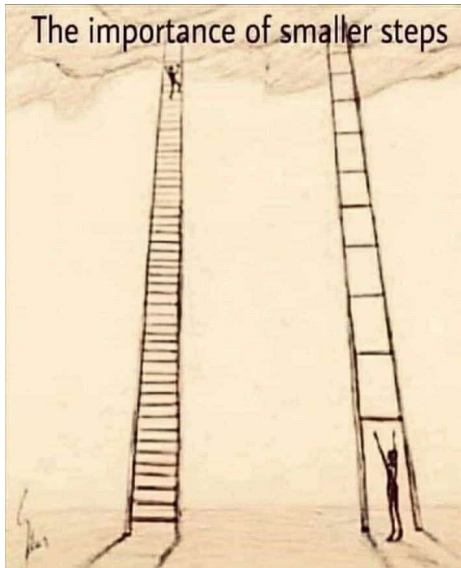
**“Comparison is the thief of joy.”**

Theodore Roosevelt

“Attention is the rarest and purest form of generosity.”

Simone Weil

The micro approach has macro benefits.



“Everything should be made as simple as possible, but not simpler.”

Albert Einstein

**Micro Stretching** is a technique of stretching the muscles and connective tissues at a low intensity. The key is to relax the nervous system and not to stimulate it. The stretch reflex will cause the muscle to contract to protect itself; therefore, crucial is to eliminate the potential of a muscle contraction. Everyone has a limited ROM (range of motion) based on their anatomy and genetics, but there is always room for improvement, or need for recovery and regeneration.

**Consistency over intensity.**

**Chakra** (cakra in Sanskrit) means “wheel”

and refers to energy points in our body, which run down the spine.

They are thought to be spinning disks of energy that should stay “open” and aligned as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

The seven chakras are the main energy points in your body, which run down the spine.



“It’s not the notes you play. It’s the notes you don’t play.”

Miles Davis

“We don’t have to learn how to perfect what we do, we just have to feel so good about ourselves so that the perfection unfolds itself from the inside out.”

Matt Kahn

Sanskrit Word	Symbol	Chakra	Activity	Archetype Positive/Negative
The Crown Chakra Sahasrara		"I am" Wisdom Spirituality	Learning something new, meditating, fully accepting oneself	The Guru / The Egoist
The Third Eye Chakra Ajna		"I see" Intuition Inner Knowledge	Quiet, Meditation, breathing techniques	The Wise Person / The Intellectual
The Throat Chakra Vishuddha		"I may" Communication The Inner Truth	All kind of creativity, hobbies as singing, painting, also chanting, humming, reading aloud	The Communicator / The Silent Child
The Heart Chakra Anahata		"I feel" Love Empathy Compassion	Relaxing bath, having a massage, walking in nature, watching flowers, being with children	The Lover / The Actor/Actress
The Solar Plexus Chakra Manipura		"I can" Empowerment Self-esteem Transformation	Watching sunset, watching fields of sunflowers or gold barley, wearing gold, enjoying spicy food	The Warrior / The Servant
The Sacral Chakra Svadhithana		"I like" Belief Balance Creativity	Fluent movement – dancing, swimming, aqua healing, getting a massage, journaling	The Emperor/Empress / The Martyr
The Root Chakra Muladhara		"I must" Energy Grounding Security	Walking in the forest, gardening, running, dancing, drumming, any movement, pottery, cooking	The Mother / The Victim