

RASAYANA

The 5 Day Fascia Fix

WORKBOOK

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Bienvenido

Welcome to the fascinating world of *fascia*. The most diverse, multidirectional, least fragmented system in the entire body. This connective tissue is now by modern standards, considered the richest sensory organ in the human body. It's the most spreading, connecting, and loving tissue we have.

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my promise to you

Fascia is not only a mechanical and structural continuum, but intimately involved in body-wide communication. I promise to introduce you to ways to enhance its health, eliminate pain, and increase your ability to stay healthy, vital, and fully functional as you age.

At A Glance

Daily Talk & Guided Movement

1 **YOUR 3-D PRINTER**

What is fascia & why care?

Ayurveda's 5 Great Elements for pain relief (*Ether/Space*)

Villain #1 to fascia health: Stress

Action Item: Self-Assessment and 10 min. Belly Breath

2 **HEAD/NECK/FACE**

Ayurveda's Great Element for pain relief (*Air*)

Cranio-cervical conditions like headache, torticollis or temporomandibular joint (TMJ).

Villain #2 to fascia health: Poor Diet

Action Items: 3-part neck stretch and scalene skin-rolling

3 **SPINE & THORAX**

Ayurveda's Great Element for pain relief (*Fire*)

Conditions like thoracic outlet syndrome or scoliosis.

Villain #3 to fascia health: Too Little Movement

Action Item: 20 min. dance party and Spotify playlist

4 **PELVIS & THIGH**

Conditions like polycystic ovarian syndrome (PCOS) and iliotibial band (ITB) syndrome.

Ayurveda's Great Element for pain relief (*Water*)

Villain #4 to fascia health: Dehydration

Action Items: Green juice in AM and castor pack in PM.

5 **LEG & FOOT**

Conditions like knock/bow-legged knees and plantar fasciitis.

Villain #5 to fascial health: Overuse/Injury

Action Item: Ball Rolling and Self-Assessment

Gentle Reminders

1

DON'T PROCRASTINATE

For better or worse, your body's fascia will organize itself around how you move on a regular basis.

Fascial problems if left untreated - tend to get worse, not better - over time.

2

ADOPT GENTLE PERSEVERANCE

The half-life of collagen is approximately one year.

Fascial re-organization happens slowly and sustainably over a period of 6-24 months.

3

MIX UP THE MOVEMENT

Continuously integrate pulsing, swinging, jumping, and skipping movements into daily life and exercise. If there's a lack of variety of movement, tissue will adapt exclusively in the orientation it is being used. Then if there's a sudden movement in another direction an injury is more likely.

4

CREATE A STRUCTURE FOR EMOTIONAL PROCESSING

Unexpressed emotions are linked to pain. Identify your support people to clear out old hurts and recondition the brain out of fear and danger and into life and activities. Ask yourself, "Is there a part of my pain that's become familiar? Like a companion?" If so, consider some short-term dynamic psychotherapy.

A healthy fascia

THIS

- Economizes movement for less muscle effort.
- Effective transport of nutrients
- Transfers force to neighboring structures
- Both taut & elastic
- Glides freely

NOT THIS

- Loss of basic matrix
- Decreased water bonding
- Dehydrated & stiff
- Cross linkages & Adhesions
- Trigger points

We give our hair, skin, and even our nails regular care. But deny our organs, muscles, joints, circulatory system, and the tissues that same care. The key is to load the tissue enough to initiate the creation of new tissue, but not so little it loses its excess capacity.

Structures that attach to the bone like tendons, capsules, and ligaments benefit most by a combination of both traction and compression stimuli. Supporting tissues like cartilage, discs, or menisci benefit more from compression stimuli as an ideal form to preserve tissue.

NOTES: _____

Self-Assessment



DAY 1

- Palpate
- Activate
- Texture & Tenderness
- Reactivity

Head/Neck/Face

Range of Motions:

Extension: _____ degrees

Flexion: _____ degrees

Lateral Flexion: (left) _____ and (right) _____ degrees

Rotation: (left) _____ and (right) _____ degrees

Observations: _____

Spine/Thorax

Range of Motions:

Extension: _____ degrees

Flexion: _____ degrees

Lateral Flexion: (left) _____ and (right) _____ degrees

Rotation: (left) _____ and (right) _____ degrees

Observations: _____

Self-Assessment



DAY 1 (CONT.)

- Palpate
- Activate
- Texture & Tenderness
- Reactivity

Pelvis/Thigh (hip)

Range of Motions:

Extension: _____ degrees

Flexion: _____ degrees

Abduction: (left) _____ and (right) _____ degrees

Adduction: (left) _____ and (right) _____ degrees

External Rotation (left) _____ and (right) _____ degrees

Internal Rotation (left) _____ and (right) _____ degrees

Observations: _____

Leg/Foot

Range of Motions:

Dorsiflexion: _____ degrees

Flexion: _____ degrees

Eversion: (left) _____ and (right) _____ degrees

Inversion: (left) _____ and (right) _____ degrees

Observations: _____

Self-Assessment



DAY 5

- Palpate
- Activate
- Texture & Tenderness
- Reactivity

Head/Neck/Face

Range of Motions:

Extension: _____ degrees

Flexion: _____ degrees

Lateral Flexion: (left) _____ and (right) _____ degrees

Rotation: (left) _____ and (right) _____ degrees

Observations: _____

Spine/Thorax

Range of Motions:

Extension: _____ degrees

Flexion: _____ degrees

Lateral Flexion: (left) _____ and (right) _____ degrees

Rotation: (left) _____ and (right) _____ degrees

Observations: _____

Self-Assessment



DAY 5 (CONT.)

- Palpate
- Activate
- Texture & Tenderness
- Reactivity

Pelvis/Thigh (hip)

Range of Motions:

Extension: _____ degrees

Flexion: _____ degrees

Abduction: (left) _____ and (right) _____ degrees

Adduction: (left) _____ and (right) _____ degrees

External Rotation (left) _____ and (right) _____ degrees

Internal Rotation (left) _____ and (right) _____ degrees

Observations: _____

Leg/Foot

Range of Motions:

Dorsiflexion: _____ degrees

Flexion: _____ degrees

Eversion: (left) _____ and (right) _____ degrees

Inversion: (left) _____ and (right) _____ degrees

Observations: _____



DON'T FORGET TO JOIN
the giveaway

- 1** **FIRST:** Share a photo of you and your favorite fix method on Rasayana's [Facebook page](#) with #fasciafitness
- 2** **SECOND:** Tag your besties

5 Lucky winners will receive a free copy of my eBook: "5 Essential Oils You Need in Your Medicine Cabinet". **\$30 value!**



Habit Tracker

WEEK OF: _____

S M T W T F S











NOTES



Habit Tracker

WEEK OF: _____

S M T W T F S

GREEN JUICE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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BOX BREATH

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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CASTOR PACK

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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BALL ROLLING

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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OIL MASSAGE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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NOTES

Movement Planner

	ACTIVITY	TIME	REPS
DAY 1	<ul style="list-style-type: none">• Gentlebrush-like stroking• Rocking	15-20 min 1-2 min	1 round 2-3 rounds
DAY 2	<ul style="list-style-type: none">• Pulsing• Skipping	3-5 min 10 min	1-2 rounds 1 round
DAY 3	<ul style="list-style-type: none">• Jumping• Twisting	3-5 min 1-2 min	1 round 1 round
DAY 4	<ul style="list-style-type: none">• Vibration• Shaking	10-15 min 30-60 sec	1 round 2-3 rounds
DAY 5	<ul style="list-style-type: none">• Traction• Compression	30-60 sec 2-3 min	1-2 rounds 1 round



Food Journal

DATE

TIME

FOOD/DRINK

HOW MUCH

NOTES/ CIRCUMSTANCE

DAILY

Mindset Practice

MORNING

TODAY'S MANTRA:

LOOKING FORWARD TO:

TO MAKE TODAY GREAT, I WILL:

EVENING

I'M GRATEFUL FOR:

PEOPLE I APPRECIATE:

3 GOOD THINGS TODAY:

OTHER THOUGHTS

MOMENT TO REMEMBER

Green Juice Recipe

SERVES 2

1 green apple
2 celery stalks
1 bunch leafy greens
(stems removed)

2" piece fresh ginger, chopped
Juice from 1 fresh lemon
Himalayan rock salt
1/4 c. filtered water

INSTRUCTIONS

Combine all ingredients and blend until smooth. Drink with fiber in it, or strain through a nut bag. Use any dark leafy green you like: Spinach, kale, dandelion, thistle, and experiment with fresh herbs like mint or cilantro.

THE FASCIA FIX

Castor Oil Pack Instructions

Castor oil (V-P-K+) has been a naturopathic arsenal dating as far back to ancient Egypt. Famous medical intuitive and author, Edgar Cayce, advocates it for many things. Derived from the castor bean, the oil was traditionally used internally as a laxative. But now it is primarily used externally due to its potential toxicity. Known for its heat-pulling and softening effects, it softens corns and calluses. When applied with heat, it dissolves cysts, growths, warts, and cellulite, and is often recommended as a warm compress for the belly and back pain. Castor oil packs are made by soaking a piece of flannel in castor oil and placing it on the affected area:

- The abdomen, to relieve gastrointestinal disorders, colitis, or colon impaction
- The lower abdomen, in cases of menstrual irregularities and uterine and ovarian cysts
 - The right side of the abdomen, to stimulate the liver
 - Inflamed and swollen joints, bursitis, and muscle strains
 - The low back, for constipation or impacted bowel

The soaked cloth is covered with a sheet of plastic, and then a hot water bottle is placed over the plastic to heat the pack. Leave it on for 45-60 minutes and rest while the pack is in place. After removing the pack, cleanse the area with water and baking soda. You can store the pack in a covered container in the refrigerator and reuse up to 25-30 times. It is generally recommended that a castor oil pack be used for 3-7 days per week, for up to (6) six weeks or as directed by your health practitioner, to treat a health condition or for detoxification.

Safety Precautions: Castor oil is for external use only and should not be applied to broken skin, used during pregnancy, breastfeeding, or during menstrual flow.

KRIS QUINONES

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You did it!

Taking charge of your fascial health can be life-changing. You can relieve pain, boost energy and mood, lower blood pressure, ease anxiety and depression, and maintain a sense of vibrancy and functional mobility as you age.



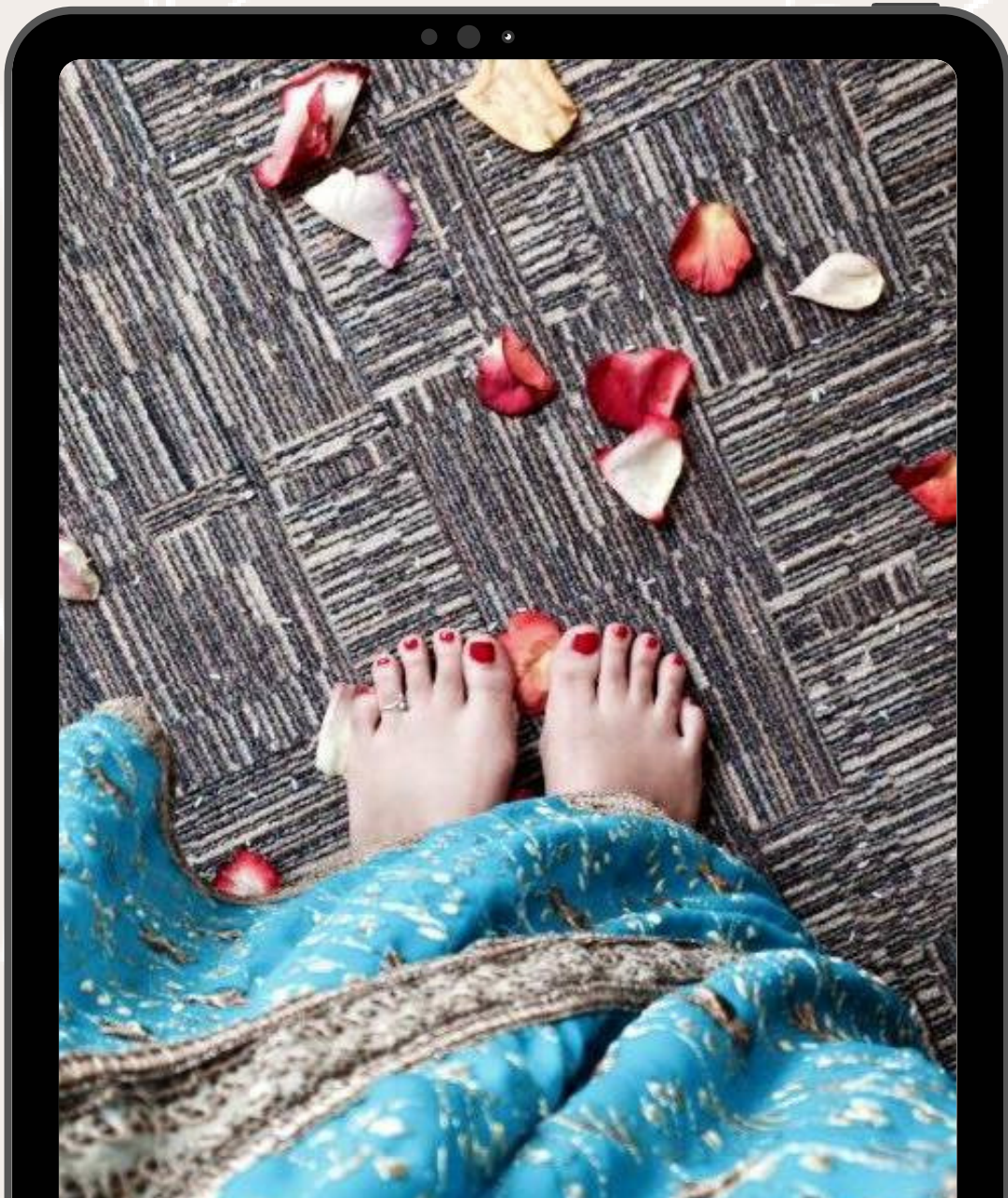
Let's stay in touch

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Continue The Journey

CLEAR MIND STRONG BODY

LEARN MORE



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