

SELF-CARE SUNDAYS 2026

Every Third Sunday | 12:00–1:00 PM | \$25

JANUARY — *Reset Your Nervous System* (Jan. 18)

Theme: Gentle Reset + Grounding

Focus Areas:

- Nervous system regulation
- Adrenal support nutrition
- Fascia + breath awareness

Movement: Slow joint circles, spinal unwinding, vagus-nerve breathing

Nutrition Insight: Blood sugar balance, mineral replenishment (magnesium, sea salt, hydration)

Massage Therapy Tie-In: Self-soothing touch, diaphragm release, neck/shoulder decompression

FEBRUARY — *Heart, Hormones & Emotional Flow* (Feb. 15)

Theme: Heart-centered healing

Focus Areas:

- Circulation, lymph, emotional expression
- Hormonal balance

Movement: Chest opening, lymph-stimulating flow, arm swings

Nutrition Insight: Iron, B vitamins, cacao, beets

Massage Tie-In: Heart space, rib cage mobility, upper back release

MARCH — *Detox Without Deprivation* (Mar. 15)

Theme: Liver + lymph support

Focus Areas:

- Gentle detox pathways
- Reducing inflammation

Movement: Twisting, lymph pumping, abdominal massage techniques

Nutrition Insight: Bitter foods, hydration timing, protein for detox

Massage Tie-In: Abdominal self-massage, liver reflex points

APRIL — Cellular Energy & Vitality (Apr. 19)

Theme: Mitochondrial health

Focus Areas:

- Oxygenation
- Cellular nourishment

Movement: Breath-led flow, gentle strengthening, posture reset

Nutrition Insight: Minerals, trace elements, oxygen-boosting foods

Massage Tie-In: Fascia hydration, percussion, vibration awareness

MAY — Hydration, Fascia & Flow (May. 17)

Theme: Fluid body awareness

Focus Areas:

- Fascia health
- Joint lubrication

Movement: Wave-like motions, slow elastic stretches

Nutrition Insight: Structured hydration, electrolytes, herbal teas

Massage Tie-In: Fascial self-release, skin rolling

JUNE — Strength Without Strain (Jun 21)

Theme: Sustainable resilience

Focus Areas:

- Muscular endurance
- Postural integrity

Movement: Isometric holds, functional movement

Nutrition Insight: Protein timing, amino acids, recovery nutrition

Massage Tie-In: Muscle listening, trigger awareness

 **JULY — *Cooling Inflammation & Emotional Heat*** (Jul. 19)

Theme: Summer balance

Focus Areas:

- Inflammation reduction
- Emotional regulation

Movement: Cooling stretches, slow rhythmic flow

Nutrition Insight: Anti-inflammatory foods, cooling herbs

Massage Tie-In: Cooling touch, lymph drainage techniques

 **AUGUST — *Boundaries, Energy & Burnout Prevention*** (Aug. 16)

Theme: Energy conservation


Focus Areas:

- Emotional boundaries
- Adrenal health

Movement: Grounding stances, slow power flow

Nutrition Insight: Stabilizing meals, mineral balance

Massage Tie-In: Solar plexus awareness, grounding touch

 **SEPTEMBER — *Immunity & Seasonal Resilience*** (Sept. 20)

Theme: Prepare the body for fall

Focus Areas:

- Immune support
- Gut-lung connection

Movement: Breathwork, spinal immunity flow

Nutrition Insight: Zinc, vitamin C, gut health basics

Massage Tie-In: Lung meridians, thoracic expansion

 **OCTOBER — *Deep Rest & Nervous System Repair*** (Oct. 18)

Theme: Rest as medicine

Focus Areas:

- Sleep quality
- Parasympathetic activation

Movement: Floor-based restorative poses

Nutrition Insight: Evening nutrition, blood sugar + sleep

Massage Tie-In: Cranial, scalp, foot self-massage

 **NOVEMBER — *Gratitude, Digestion & Emotional Nourishment*** (Nov. 15)

Theme: Assimilation

Focus Areas:

- Digestive health
- Emotional processing

Movement: Gut-supportive flow, seated twists

Nutrition Insight: Digestive enzymes, mindful eating

Massage Tie-In: Abdominal awareness, vagus nerve tone

 **DECEMBER — *Reflection, Ritual & Renewal*** (Dec. 20)

Theme: Integration + closure

Focus Areas:

- Year-end nervous system care
- Nervous system regulation & adrenal support

Movement: Gentle full-body flow

Nutrition Insight: Winter nourishment, warming foods

Massage Tie-In: Full-body self-connection ritual
