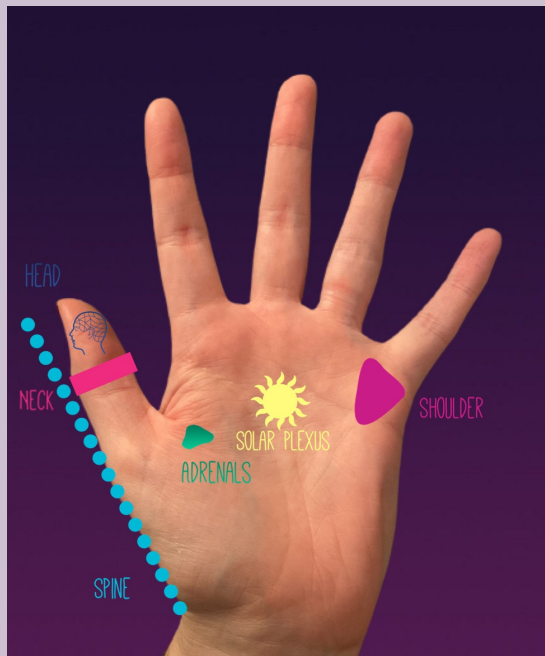


Tension Support

PRACTICE THESE SIMPLE TECHNIQUES FOR 15-20 MINUTES DURING YOUR DAY TO ENCOURAGE TENSION RELEASE IN THE UPPER BODY.



WORK ONE HAND AT A TIME, USING THE OTHER HAND TO WORK THE REFLEXES. REPEAT EACH MOVE 3 TIMES. THEN SWAP HANDS.

FIND YOURSELF A COMFORTABLE SPACE TO SIT AND RELAX. BEGIN BY MASSAGING YOUR FAVOURITE HAND CREAM INTO YOUR HANDS PAYING PARTICULAR ATTENTION TO THE PALMS OF YOUR HANDS. TAKE A FEW SLOW DEEP BREATHS FOCUSING SOLELY ON THE RISE AND FALL OF YOUR CHEST. THINK ABOUT HOW THE AIR FEELS MOVING IN AND OUT OF YOUR AIRWAYS.

SOLAR PLEXUS – USING THE OPPOSITE THUMB APPLY GENTLE PRESSURE AS YOU INHALE AND RELEASE AS YOU EXHALE.

HEAD – USING THE OPPOSITE THUMB USE GENTLE PRESSURE TO CATERPILLAR WALK UP THE THUMB FROM THE CREASE TO THE TIP IN 5 VERTICAL LINES, THEN PUSH FROM TIP OF THUMB DOWN TO THE CREASE FOLLOWING THE SAME 5 VERTICAL LINES.

NECK – USING THE OPPOSITE THUMB USE GENTLE PRESSURE TO CATERPILLAR WALK AROUND THE REFLEX, REPEATING 3 TIMES.

SHOULDER – MASSAGE IN CIRCULAR MOTIONS OR ROCK IN BETWEEN THE FINGERS BONES.

ADRENALS – USING THE OPPOSITE THUMB APPLY GENTLE PRESSURE AS YOU CIRCLE THE REFLEX AND HOLD FOR 30 SECONDS.

SPINE – SWEEP FINGERS/THUMB DOWN THE EDGE OF THE THUMB AND ONTO THE SIDE OF THE PALM.

SOLAR PLEXUS – USING THE OPPOSITE THUMB APPLY GENTLE PRESSURE AS YOU INHALE AND RELEASE AS YOU EXHALE.

BEGIN TO NOTICE HOW YOU FEEL NOW COMPARED TO HOW YOU FELT BEFORE, ARE YOUR SHOULDERS MORE RELAXED, DOES YOUR NECK FEEL MORE FREE?