## Rub palms together to warm and move Ki. Place palms over eyes, breathe in, hold, breath out.

Use thumb and/or finger pressure to go through sequence on *both sides* of face and head in rhythm of centre, side, side.

Forehead (centre, side, side) Top of head (centre, side, side) Press head (2 lines, 3 points) with palm Above eye, sides of nose, below eye Temple swirl 9 times forward and back Cheekbone, above mouth, below mouth Jaw swirl 9 times forward and back Move up side of face, ears Neck right side with leftt hand, hold middle point with breath x 9 Neck left side with right hand, hold middle point with breath x 9 Cross arms press above armpit x 3 Upper chest bone, lower chest bone Point below sternum (inhale 9, exhale 9

