

Liver

Gall Bladder

Lung

Large Intestine

850-723-7499

Hold each thumb, finger, palm & back of hands 2-5 mins.

Taking 3 breaths for each hold to achieve 36 total breaths.

Heart

Small Intestine

Attitude or Function

WORRY

Skeletal

Blood Essence

Muscles

Deep Skin

Skin Surface

Diaphragm

Umbilicus

PRETENSE

SADNESS

ANGER

FEAR

Kidney

Bladder

Spleen

Stomach