

WEBVTT

NOTE duration:"00:28:09"

NOTE recognizability:0.814

NOTE language:en-us

NOTE Confidence: 0.936440201

00:00:03.270 --> 00:00:05.174 Good morning everybody and

NOTE Confidence: 0.936440201

00:00:05.174 --> 00:00:08.030 thank you so much for joining.

NOTE Confidence: 0.936440201

00:00:08.030 --> 00:00:09.340 My name is Michelle Grant.

NOTE Confidence: 0.936440201

00:00:09.340 --> 00:00:11.620 I'm a licensed massage therapist and

NOTE Confidence: 0.936440201

00:00:11.620 --> 00:00:14.359 I work at Smilow Cancer Hospital.

NOTE Confidence: 0.936440201

00:00:14.360 --> 00:00:15.740 Today is about Wellness.

NOTE Confidence: 0.936440201

00:00:15.740 --> 00:00:16.775 It's about you.

NOTE Confidence: 0.936440201

00:00:16.780 --> 00:00:18.238 It's about grounding,

NOTE Confidence: 0.936440201

00:00:18.238 --> 00:00:21.154 finding some peace and hopefully getting

NOTE Confidence: 0.936440201

00:00:21.154 --> 00:00:24.551 a little relief from your symptoms of

NOTE Confidence: 0.936440201

00:00:24.551 --> 00:00:27.050 nausea and other digestive issues.

NOTE Confidence: 0.936440201

00:00:27.050 --> 00:00:29.576 We're going to be doing an

NOTE Confidence: 0.936440201

00:00:29.576 --> 00:00:30.839 opening breathwork exercise.

NOTE Confidence: 0.936440201

00:00:30.840 --> 00:00:33.536 We're going to be working on some acupressure
NOTE Confidence: 0.936440201

00:00:33.536 --> 00:00:35.698 points that are targeted for nausea.
NOTE Confidence: 0.936440201

00:00:35.700 --> 00:00:38.364 I'm going to do a little
NOTE Confidence: 0.936440201

00:00:38.364 --> 00:00:39.696 closing self massage.
NOTE Confidence: 0.936440201

00:00:39.700 --> 00:00:42.715 Now, after pressure is basically
NOTE Confidence: 0.936440201

00:00:42.715 --> 00:00:45.127 acupuncture without the needles.
NOTE Confidence: 0.936440201

00:00:45.130 --> 00:00:48.748 It involves placing firm but gentle
NOTE Confidence: 0.936440201

00:00:48.748 --> 00:00:52.861 pressure on specific points and doing a
NOTE Confidence: 0.936440201

00:00:52.861 --> 00:00:56.263 little bit of gentle circular massage.
NOTE Confidence: 0.936440201

00:00:56.270 --> 00:00:57.938 So we're going to activate three
NOTE Confidence: 0.936440201

00:00:57.938 --> 00:00:59.930 of those points in our body today.
NOTE Confidence: 0.936440201

00:00:59.930 --> 00:01:00.620 Again,
NOTE Confidence: 0.936440201

00:01:00.620 --> 00:01:04.760 that correlate with the digestive system.
NOTE Confidence: 0.936440201

00:01:04.760 --> 00:01:05.722 To begin,
NOTE Confidence: 0.936440201

00:01:05.722 --> 00:01:09.089 we wanna just bring ourselves into a
NOTE Confidence: 0.936440201

00:01:09.089 --> 00:01:12.537 place of groundedness and relaxation.

NOTE Confidence: 0.936440201
00:01:12.540 --> 00:01:14.700 When we do breathwork,
NOTE Confidence: 0.936440201
00:01:14.700 --> 00:01:17.400 it's the exhalation that activates
NOTE Confidence: 0.936440201
00:01:17.400 --> 00:01:19.200 the parasympathetic nervous
NOTE Confidence: 0.936440201
00:01:19.200 --> 00:01:22.716 system and helps us to relax.
NOTE Confidence: 0.936440201
00:01:22.720 --> 00:01:25.457 So what we're going to practice today?
NOTE Confidence: 0.936440201
00:01:25.460 --> 00:01:29.610 Is. A slower breath in.
NOTE Confidence: 0.936440201
00:01:29.610 --> 00:01:33.010 And a longer breath out.
NOTE Confidence: 0.936440201
00:01:33.010 --> 00:01:36.069 So with feet planted on the floor.
NOTE Confidence: 0.936440201
00:01:36.070 --> 00:01:37.008 Back relaxed.
NOTE Confidence: 0.936440201
00:01:37.008 --> 00:01:40.760 We're gonna take a breath in for three.
NOTE Confidence: 0.752106075
00:01:43.590 --> 00:01:45.798 And we're gonna exhale for four.
NOTE Confidence: 0.646508591666667
00:01:50.250 --> 00:01:52.356 Again of breath in for three.
NOTE Confidence: 0.6683698025
00:01:55.820 --> 00:01:57.668 And exhale for four.
NOTE Confidence: 0.844286725
00:02:00.810 --> 00:02:02.898 One more breath in for three.
NOTE Confidence: 0.72674391
00:02:05.990 --> 00:02:07.818 And exhale for four.
NOTE Confidence: 0.8881821225

00:02:12.360 --> 00:02:14.296 Now we're going to breathe in for three,
NOTE Confidence: 0.8881821225

00:02:14.300 --> 00:02:16.640 but we're gonna exhale for five,
NOTE Confidence: 0.8881821225

00:02:16.640 --> 00:02:18.290 so a breath in for three.
NOTE Confidence: 0.767091798571429

00:02:20.790 --> 00:02:23.226 And exhale for a count of five.
NOTE Confidence: 0.789834201666667

00:02:29.660 --> 00:02:31.646 Again, a breath in for three.
NOTE Confidence: 0.7193177025

00:02:34.370 --> 00:02:36.358 And exhale for five.
NOTE Confidence: 0.703680382222222

00:02:41.960 --> 00:02:44.570 And one more time of breath in for three.
NOTE Confidence: 0.7492275175

00:02:48.220 --> 00:02:50.528 And exhale for five.
NOTE Confidence: 0.873200104

00:02:55.930 --> 00:02:57.190 Now finally, we're going to
NOTE Confidence: 0.873200104

00:02:57.190 --> 00:02:58.450 again breathe in for three,
NOTE Confidence: 0.873200104

00:02:58.450 --> 00:03:01.859 but we're going to exhale for six.
NOTE Confidence: 0.873200104

00:03:01.860 --> 00:03:03.780 So first breath in for three.
NOTE Confidence: 0.757429125

00:03:06.860 --> 00:03:08.648 And exhale for six.
NOTE Confidence: 0.59319746

00:03:15.280 --> 00:03:16.668 Breath in for three.
NOTE Confidence: 0.581935665

00:03:20.820 --> 00:03:22.620 And exhale for six.
NOTE Confidence: 0.536772063714286

00:03:30.600 --> 00:03:33.316 And last one breath in for three.

NOTE Confidence: 0.6310629975
00:03:36.330 --> 00:03:38.238 And exhale for six.
NOTE Confidence: 0.908345549333333
00:03:46.350 --> 00:03:47.758 Excellent at this point.
NOTE Confidence: 0.908345549333333
00:03:47.758 --> 00:03:50.236 Hopefully you should just be feeling a
NOTE Confidence: 0.908345549333333
00:03:50.236 --> 00:03:52.349 little bit more relaxed, a little more,
NOTE Confidence: 0.908345549333333
00:03:52.349 --> 00:03:54.470 bit more grounded and just kind of
NOTE Confidence: 0.908345549333333
00:03:54.536 --> 00:03:57.302 feeling that whole digestive system.
NOTE Confidence: 0.908345549333333
00:03:57.302 --> 00:03:59.818 Letting go, relaxing just a bit.
NOTE Confidence: 0.871541111428571
00:04:01.850 --> 00:04:05.707 We're going to begin now with activating.
NOTE Confidence: 0.871541111428571
00:04:05.710 --> 00:04:10.270 3 acupressure points that will stimulate
NOTE Confidence: 0.871541111428571
00:04:10.270 --> 00:04:14.500 the digestive system to let go and
NOTE Confidence: 0.871541111428571
00:04:14.500 --> 00:04:17.550 relax as we approach each point.
NOTE Confidence: 0.871541111428571
00:04:17.550 --> 00:04:19.909 Just keep in mind we're going to
NOTE Confidence: 0.871541111428571
00:04:19.909 --> 00:04:22.096 press about two to three minutes
NOTE Confidence: 0.871541111428571
00:04:22.096 --> 00:04:24.298 on each point with your thumb.
NOTE Confidence: 0.871541111428571
00:04:24.300 --> 00:04:28.836 Making small circles on that particular area,
NOTE Confidence: 0.871541111428571

00:04:28.840 --> 00:04:30.870 and then we're going to switch to
NOTE Confidence: 0.871541111428571

00:04:30.870 --> 00:04:32.824 the other side and do the same
NOTE Confidence: 0.871541111428571

00:04:32.824 --> 00:04:34.760 thing as we activate the point,
NOTE Confidence: 0.871541111428571

00:04:34.760 --> 00:04:39.989 just try to remember to keep an easy breath.
NOTE Confidence: 0.871541111428571

00:04:39.990 --> 00:04:43.886 Now the first point is called pericardium 6.
NOTE Confidence: 0.871541111428571

00:04:43.890 --> 00:04:46.855 It's located on your inner
NOTE Confidence: 0.871541111428571

00:04:46.855 --> 00:04:48.614 arm near your wrist.
NOTE Confidence: 0.871541111428571

00:04:48.614 --> 00:04:51.330 What you're going to do is you're
NOTE Confidence: 0.871541111428571

00:04:51.414 --> 00:04:53.589 going to take three fingers,
NOTE Confidence: 0.871541111428571

00:04:53.590 --> 00:04:56.150 and you're going to start at the crease
NOTE Confidence: 0.871541111428571

00:04:56.150 --> 00:04:58.750 of the wrist and put those three fingers.
NOTE Confidence: 0.871541111428571

00:04:58.750 --> 00:04:59.950 Here, the pointer,
NOTE Confidence: 0.871541111428571

00:04:59.950 --> 00:05:01.150 the index finger,
NOTE Confidence: 0.871541111428571

00:05:01.150 --> 00:05:03.460 and the ring finger now that
NOTE Confidence: 0.871541111428571

00:05:03.460 --> 00:05:06.090 pericardium 6 point will be right here,
NOTE Confidence: 0.871541111428571

00:05:06.090 --> 00:05:10.248 right below where those three fingers were.

NOTE Confidence: 0.871541111428571

00:05:10.250 --> 00:05:13.058 So you could kind of feel a couple of

NOTE Confidence: 0.871541111428571

00:05:13.058 --> 00:05:15.440 tendons right in there 2 tendons and

NOTE Confidence: 0.871541111428571

00:05:15.440 --> 00:05:18.299 right in the middle of those two tendons.

NOTE Confidence: 0.871541111428571

00:05:18.300 --> 00:05:21.450 Is pericardium 6?

NOTE Confidence: 0.871541111428571

00:05:21.450 --> 00:05:23.305 So just take a moment with very,

NOTE Confidence: 0.871541111428571

00:05:23.310 --> 00:05:27.254 just hold the spot, hold the spot gently.

NOTE Confidence: 0.871541111428571

00:05:27.260 --> 00:05:29.346 And breathe before you even start pressing

NOTE Confidence: 0.871541111428571

00:05:29.346 --> 00:05:31.727 just to get comfortable with the area.

NOTE Confidence: 0.829911820769231

00:05:37.440 --> 00:05:39.738 The pressure should be somewhat deeper

NOTE Confidence: 0.829911820769231

00:05:39.738 --> 00:05:42.579 than as if you're taking your pulse,

NOTE Confidence: 0.829911820769231

00:05:42.580 --> 00:05:45.520 but not so deep that you're pressing

NOTE Confidence: 0.829911820769231

00:05:45.520 --> 00:05:48.472 pressing too hard on the spot it should

NOTE Confidence: 0.829911820769231

00:05:48.472 --> 00:05:52.696 be firm but gentle at the same time.

NOTE Confidence: 0.829911820769231

00:05:52.700 --> 00:05:55.227 So now go ahead and take your

NOTE Confidence: 0.829911820769231

00:05:55.227 --> 00:05:57.610 thumb on the pericardium 6.

NOTE Confidence: 0.829911820769231

00:05:57.610 --> 00:06:00.388 It just makes slow, gentle circles.
NOTE Confidence: 0.829911820769231

00:06:00.390 --> 00:06:02.810 You can close your eyes if you want to get
NOTE Confidence: 0.829911820769231

00:06:02.872 --> 00:06:05.175 more in touch with that particular spot.
NOTE Confidence: 0.53265878

00:06:09.840 --> 00:06:11.120 Just breathe.
NOTE Confidence: 0.56226299

00:06:13.710 --> 00:06:14.620 I'm press.
NOTE Confidence: 0.864567443

00:06:21.190 --> 00:06:25.820 As you do so, you may feel a little warmth.
NOTE Confidence: 0.864567443

00:06:25.820 --> 00:06:28.370 Kind of going through your body.
NOTE Confidence: 0.864567443

00:06:28.370 --> 00:06:29.580 And that's a good thing.
NOTE Confidence: 0.6183015025

00:06:33.880 --> 00:06:35.548 Just continue the graph.
NOTE Confidence: 0.66146237

00:06:42.330 --> 00:06:43.940 Circular motions.
NOTE Confidence: 0.788668793333333

00:06:46.830 --> 00:06:48.399 Slow and steady.
NOTE Confidence: 0.81848619625

00:06:52.830 --> 00:06:55.360 Again, this aids in relaxing
NOTE Confidence: 0.81848619625

00:06:55.360 --> 00:06:56.878 the digestive system.
NOTE Confidence: 0.79887522375

00:07:13.950 --> 00:07:18.174 Well, continue this side a little bit longer.
NOTE Confidence: 0.79887522375

00:07:18.180 --> 00:07:20.948 Just remember, when you do this at home
NOTE Confidence: 0.79887522375

00:07:20.948 --> 00:07:25.310 on your own 2-3 minutes. On each point.

NOTE Confidence: 0.8261744

00:07:31.900 --> 00:07:34.758 Good. Now we always balance

NOTE Confidence: 0.8261744

00:07:34.758 --> 00:07:35.806 with the other side,

NOTE Confidence: 0.8261744

00:07:35.810 --> 00:07:38.562 so take your other hand, bring your

NOTE Confidence: 0.8261744

00:07:38.562 --> 00:07:40.938 three fingers right below the wrist.

NOTE Confidence: 0.8261744

00:07:40.940 --> 00:07:43.884 And right where your pinky finger would be.

NOTE Confidence: 0.8261744

00:07:43.890 --> 00:07:49.988 Is that pericardium 6? Use your thumb.

NOTE Confidence: 0.8261744

00:07:49.990 --> 00:07:54.580 Kind of feel for the two tendons if you can.

NOTE Confidence: 0.8261744

00:07:54.580 --> 00:07:56.246 Move your wrist around a little bit

NOTE Confidence: 0.8261744

00:07:56.246 --> 00:07:58.380 just to get comfortable with this spot.

NOTE Confidence: 0.8261744

00:07:58.380 --> 00:08:03.276 One side may feel tighter than the other.

NOTE Confidence: 0.8261744

00:08:03.280 --> 00:08:06.160 It may feel more congested in that point,

NOTE Confidence: 0.8261744

00:08:06.160 --> 00:08:09.019 that's extremely common.

NOTE Confidence: 0.8261744

00:08:09.020 --> 00:08:11.488 Each point sometimes is

NOTE Confidence: 0.8261744

00:08:11.488 --> 00:08:13.956 very open and flowing,

NOTE Confidence: 0.8261744

00:08:13.960 --> 00:08:16.598 and sometimes you will find the

NOTE Confidence: 0.8261744

00:08:16.598 --> 00:08:18.986 point is very closed and tight.
NOTE Confidence: 0.84881508

00:08:23.100 --> 00:08:25.220 So just go ahead and take your thumb.
NOTE Confidence: 0.84881508

00:08:25.220 --> 00:08:27.236 It may feel a little tender.
NOTE Confidence: 0.84881508

00:08:27.240 --> 00:08:28.962 Maybe one side is more tender than
NOTE Confidence: 0.84881508

00:08:28.962 --> 00:08:30.630 the other side, and that's OK.
NOTE Confidence: 0.82040532

00:08:37.310 --> 00:08:38.459 Just go ahead.
NOTE Confidence: 0.80739706

00:08:40.800 --> 00:08:43.504 Use your thumb and make those small circles.
NOTE Confidence: 0.733929666666667

00:08:46.300 --> 00:08:47.428 Continue the breath.
NOTE Confidence: 0.86705909

00:09:10.390 --> 00:09:13.002 He may want to just add at a
NOTE Confidence: 0.86705909

00:09:13.002 --> 00:09:14.957 certain point, just take your
NOTE Confidence: 0.86705909

00:09:14.957 --> 00:09:17.760 thumb kind of just hold it there.
NOTE Confidence: 0.86705909

00:09:17.760 --> 00:09:19.926 Just hold it with gentle pressure.
NOTE Confidence: 0.531949560833333

00:09:22.030 --> 00:09:25.378 Kind of coaxing it into relaxation.
NOTE Confidence: 0.850512993333333

00:09:29.730 --> 00:09:31.650 And then continue with your circles.
NOTE Confidence: 0.850512993333333

00:09:31.650 --> 00:09:33.634 You may be able to go a little
NOTE Confidence: 0.850512993333333

00:09:33.634 --> 00:09:35.380 deeper once you get the release.

NOTE Confidence: 0.905061808888889
00:09:43.680 --> 00:09:45.360 Continue just another little
NOTE Confidence: 0.905061808888889
00:09:45.360 --> 00:09:47.460 bit on this side here.
NOTE Confidence: 0.824844495
00:09:53.690 --> 00:09:56.009 Excellent. OK, good,
NOTE Confidence: 0.824844495
00:09:56.009 --> 00:10:01.630 just let your arms drop. Circles.
NOTE Confidence: 0.824844495
00:10:01.630 --> 00:10:03.457 Allow it to release and let go
NOTE Confidence: 0.824844495
00:10:03.457 --> 00:10:05.528 before we move on to the next point,
NOTE Confidence: 0.824844495
00:10:05.530 --> 00:10:10.800 which will be the stomach 36 point.
NOTE Confidence: 0.824844495
00:10:10.800 --> 00:10:13.760 Stomach 36 I'm going to drop my computer
NOTE Confidence: 0.824844495
00:10:13.760 --> 00:10:16.715 screen down so you can better see my knee,
NOTE Confidence: 0.824844495
00:10:16.720 --> 00:10:19.191 but some of the 36 is on
NOTE Confidence: 0.824844495
00:10:19.191 --> 00:10:21.160 the outside of the knee.
NOTE Confidence: 0.824844495
00:10:21.160 --> 00:10:23.688 And what you're going to do is you're
NOTE Confidence: 0.824844495
00:10:23.688 --> 00:10:26.329 going to take your whole hand and you're
NOTE Confidence: 0.824844495
00:10:26.329 --> 00:10:28.859 gonna put it on top of your knee.
NOTE Confidence: 0.824844495
00:10:28.860 --> 00:10:33.470 Now stomach 36 is right.
NOTE Confidence: 0.824844495

00:10:33.470 --> 00:10:35.654 It it could be either wear your
NOTE Confidence: 0.824844495

00:10:35.654 --> 00:10:37.608 ring finger is or your pinky,
NOTE Confidence: 0.824844495

00:10:37.610 --> 00:10:39.360 depending on how wide you
NOTE Confidence: 0.824844495

00:10:39.360 --> 00:10:41.110 have your hands spread out.
NOTE Confidence: 0.824844495

00:10:41.110 --> 00:10:43.027 If your hand is spread out wide like this,
NOTE Confidence: 0.824844495

00:10:43.030 --> 00:10:45.010 you're going to find it by your ring finger.
NOTE Confidence: 0.824844495

00:10:45.010 --> 00:10:46.050 If your hand is tight,
NOTE Confidence: 0.824844495

00:10:46.050 --> 00:10:47.550 it will be by your pinky,
NOTE Confidence: 0.824844495

00:10:47.550 --> 00:10:50.120 but it's right about here.
NOTE Confidence: 0.824844495

00:10:50.120 --> 00:10:54.397 It's right about here on the outside.
NOTE Confidence: 0.824844495

00:10:54.400 --> 00:10:55.482 That me,
NOTE Confidence: 0.824844495

00:10:55.482 --> 00:10:59.630 if you take your foot now and you
NOTE Confidence: 0.824844495

00:10:59.630 --> 00:11:02.330 lift your toes towards your knee,
NOTE Confidence: 0.824844495

00:11:02.330 --> 00:11:05.026 you're going to feel that muscle pop out,
NOTE Confidence: 0.824844495

00:11:05.030 --> 00:11:07.091 so you may need to bring your hand down
NOTE Confidence: 0.824844495

00:11:07.091 --> 00:11:09.444 a little bit lower if it's up too high,

NOTE Confidence: 0.824844495

00:11:09.450 --> 00:11:10.542 bring it down.

NOTE Confidence: 0.824844495

00:11:10.542 --> 00:11:13.446 My spot is right about here and I'm

NOTE Confidence: 0.824844495

00:11:13.446 --> 00:11:16.756 feeling that muscle pop out so when you get

NOTE Confidence: 0.824844495

00:11:16.756 --> 00:11:20.050 to that point you know you're on stomach 26.

NOTE Confidence: 0.824844495

00:11:20.050 --> 00:11:21.358 OK, so hopefully everybody

NOTE Confidence: 0.824844495

00:11:21.358 --> 00:11:22.666 is comfortable with that.

NOTE Confidence: 0.824844495

00:11:22.670 --> 00:11:23.878 You found the point.

NOTE Confidence: 0.824844495

00:11:23.878 --> 00:11:26.625 When you get when you move your toes like

NOTE Confidence: 0.824844495

00:11:26.625 --> 00:11:29.490 up when you point your toes up towards you,

NOTE Confidence: 0.824844495

00:11:29.490 --> 00:11:32.602 you'll feel you'll feel that muscle and right

NOTE Confidence: 0.824844495

00:11:32.602 --> 00:11:35.930 at the top of that muscle is stomach 36,

NOTE Confidence: 0.824844495

00:11:35.930 --> 00:11:36.638 so again,

NOTE Confidence: 0.824844495

00:11:36.638 --> 00:11:38.408 you could use your thumb.

NOTE Confidence: 0.824844495

00:11:38.410 --> 00:11:40.966 You could use your middle finger,

NOTE Confidence: 0.824844495

00:11:40.970 --> 00:11:43.135 you could use whichever finger

NOTE Confidence: 0.824844495

00:11:43.135 --> 00:11:44.867 feels comfortable for you,
NOTE Confidence: 0.824844495

00:11:44.870 --> 00:11:48.776 and we're going to press it again.
NOTE Confidence: 0.824844495

00:11:48.780 --> 00:11:50.736 And we're going to make circles,
NOTE Confidence: 0.824844495

00:11:50.740 --> 00:11:54.124 and we're going to breathe while we do that.
NOTE Confidence: 0.824844495

00:11:54.130 --> 00:11:57.210 Again, this is stomach 36.
NOTE Confidence: 0.824844495

00:11:57.210 --> 00:11:59.178 And it activates relaxation
NOTE Confidence: 0.824844495

00:11:59.178 --> 00:12:01.146 of the digestive system.
NOTE Confidence: 0.6670241825

00:12:09.350 --> 00:12:11.218 So press and breathe.
NOTE Confidence: 0.755461574

00:12:18.460 --> 00:12:19.895 We're going to press for
NOTE Confidence: 0.755461574

00:12:19.895 --> 00:12:21.330 about 3 minutes or so.
NOTE Confidence: 0.83545846625

00:12:27.720 --> 00:12:29.820 Small circles again.
NOTE Confidence: 0.83545846625

00:12:29.820 --> 00:12:33.320 You can take a moment
NOTE Confidence: 0.83545846625

00:12:33.320 --> 00:12:36.920 and just press and hold.
NOTE Confidence: 0.83545846625

00:12:36.920 --> 00:12:39.615 And get in touch with that point.
NOTE Confidence: 0.83545846625

00:12:39.620 --> 00:12:41.822 Feel that point and get comfortable
NOTE Confidence: 0.83545846625

00:12:41.822 --> 00:12:45.830 with it and coax it to relax.

NOTE Confidence: 0.83545846625
00:12:45.830 --> 00:12:47.175 And then you can continue
NOTE Confidence: 0.83545846625
00:12:47.175 --> 00:12:48.520 with the circles of release.
NOTE Confidence: 0.33760844
00:13:04.400 --> 00:13:05.250 I'm brave.
NOTE Confidence: 0.72671247
00:13:15.970 --> 00:13:16.430 Good.
NOTE Confidence: 0.83042558888889
00:13:19.110 --> 00:13:21.630 I'm gonna do the same on the other side.
NOTE Confidence: 0.83042558888889
00:13:21.630 --> 00:13:25.490 The other need put your hand across. And.
NOTE Confidence: 0.83042558888889
00:13:25.490 --> 00:13:29.340 Bring that foot up towards your knee.
NOTE Confidence: 0.83042558888889
00:13:29.340 --> 00:13:31.770 You'll feel that muscle pop a
NOTE Confidence: 0.83042558888889
00:13:31.770 --> 00:13:35.880 little bit from the outside.
NOTE Confidence: 0.83042558888889
00:13:35.880 --> 00:13:39.480 And we're going again, press.
NOTE Confidence: 0.83042558888889
00:13:39.480 --> 00:13:43.022 And make circles right at the top
NOTE Confidence: 0.83042558888889
00:13:43.022 --> 00:13:46.380 of the muscle on that outside.
NOTE Confidence: 0.83042558888889
00:13:46.380 --> 00:13:51.004 Of your leg. Just soft area there.
NOTE Confidence: 0.83042558888889
00:13:51.004 --> 00:13:53.268 Gentle but firm pressure.
NOTE Confidence: 0.6617606425
00:13:57.320 --> 00:13:59.208 Make circles and breathe.
NOTE Confidence: 0.829824996

00:14:08.160 --> 00:14:10.880 This is pressure point stomach
NOTE Confidence: 0.829824996

00:14:10.880 --> 00:14:15.120 36 one side. Maybe firmer,
NOTE Confidence: 0.829824996

00:14:15.120 --> 00:14:16.836 more congested than the other side.
NOTE Confidence: 0.829824996

00:14:16.840 --> 00:14:18.660 That's typical and common.
NOTE Confidence: 0.829824996

00:14:18.660 --> 00:14:21.390 Just have patience with that side
NOTE Confidence: 0.829824996

00:14:21.468 --> 00:14:23.818 that's a little more congested.
NOTE Confidence: 0.829824996

00:14:23.820 --> 00:14:27.180 Coax it. Hold a little bit.
NOTE Confidence: 0.820885402142857

00:14:31.260 --> 00:14:33.804 I'm breathing and hopefully you'll be
NOTE Confidence: 0.820885402142857

00:14:33.804 --> 00:14:36.780 feeling just a relaxation of the upper body,
NOTE Confidence: 0.820885402142857

00:14:36.780 --> 00:14:39.309 maybe a little bit of warmth in your body.
NOTE Confidence: 0.897943986153846

00:14:41.340 --> 00:14:44.154 We have meridians that run from
NOTE Confidence: 0.897943986153846

00:14:44.154 --> 00:14:47.398 our feet up from our hands up.
NOTE Confidence: 0.897943986153846

00:14:47.400 --> 00:14:49.730 And acupressure can help to
NOTE Confidence: 0.897943986153846

00:14:49.730 --> 00:14:52.060 activate the flow of energy,
NOTE Confidence: 0.897943986153846

00:14:52.060 --> 00:14:54.109 releasing words necessary.
NOTE Confidence: 0.6223319625

00:14:58.580 --> 00:15:01.708 In other little bit here I'm stomach 36.

NOTE Confidence: 0.69361186
00:15:06.560 --> 00:15:07.060 Good.
NOTE Confidence: 0.6811351425
00:15:10.170 --> 00:15:13.586 Hey, just take a moment ground your feet.
NOTE Confidence: 0.6811351425
00:15:13.590 --> 00:15:17.188 Relax posture. The next area
NOTE Confidence: 0.6811351425
00:15:17.188 --> 00:15:18.904 we're going to work on today.
NOTE Confidence: 0.6811351425
00:15:18.910 --> 00:15:23.239 It's called win 12/13/14 and it's
NOTE Confidence: 0.6811351425
00:15:23.239 --> 00:15:27.480 in the chest area to find this spot.
NOTE Confidence: 0.6811351425
00:15:27.480 --> 00:15:29.418 We're gonna take.
NOTE Confidence: 0.6811351425
00:15:29.420 --> 00:15:35.243 Four fingers from your navel, 1234.
NOTE Confidence: 0.6811351425
00:15:35.243 --> 00:15:37.609 Four fingers.
NOTE Confidence: 0.6811351425
00:15:37.610 --> 00:15:41.900 Now when 12/13/14 is right
NOTE Confidence: 0.6811351425
00:15:41.900 --> 00:15:46.292 above this is rent 1413 and 12.
NOTE Confidence: 0.6811351425
00:15:46.292 --> 00:15:48.776 You don't want to press too
NOTE Confidence: 0.6811351425
00:15:48.776 --> 00:15:50.950 hard and you shouldn't.
NOTE Confidence: 0.6811351425
00:15:50.950 --> 00:15:52.966 You should be below the sternum.
NOTE Confidence: 0.6811351425
00:15:52.970 --> 00:15:54.750 It should be soft area,
NOTE Confidence: 0.6811351425

00:15:54.750 --> 00:15:57.502 but we have organs here so we
NOTE Confidence: 0.6811351425

00:15:57.502 --> 00:15:59.698 want to be even more gentle
NOTE Confidence: 0.6811351425

00:15:59.698 --> 00:16:02.843 on this area than we were with
NOTE Confidence: 0.6811351425

00:16:02.843 --> 00:16:05.163 pericardium 6 and stomach 36,
NOTE Confidence: 0.6811351425

00:16:05.170 --> 00:16:08.726 so we're going to gently very gently
NOTE Confidence: 0.6811351425

00:16:08.726 --> 00:16:12.591 take the pads of your three fingers
NOTE Confidence: 0.6811351425

00:16:12.591 --> 00:16:15.639 very gently below the sternum.
NOTE Confidence: 0.82565099

00:16:17.730 --> 00:16:20.800 We're going to press here.
NOTE Confidence: 0.82565099

00:16:20.800 --> 00:16:25.350 Very gentle. When 12/13/14.
NOTE Confidence: 0.753877476666667

00:16:27.550 --> 00:16:30.778 And it's important again to breathe.
NOTE Confidence: 0.753877476666667

00:16:30.780 --> 00:16:32.688 Very very gentle pressure.
NOTE Confidence: 0.769772833333333

00:16:37.370 --> 00:16:38.828 Close your eyes.
NOTE Confidence: 0.790134253333333

00:16:42.300 --> 00:16:45.780 Make some circles.
NOTE Confidence: 0.790134253333333

00:16:45.780 --> 00:16:48.318 This has a stronger activation of
NOTE Confidence: 0.790134253333333

00:16:48.318 --> 00:16:51.280 the digestive tract and a little bit
NOTE Confidence: 0.790134253333333

00:16:51.280 --> 00:16:53.656 more quickly than the other points,

NOTE Confidence: 0.7901342533333333
00:16:53.660 --> 00:16:57.818 because you're closer to the area.
NOTE Confidence: 0.7901342533333333
00:16:57.820 --> 00:16:59.128 So just know that.
NOTE Confidence: 0.56095213
00:17:04.510 --> 00:17:06.020 It's going to press gently.
NOTE Confidence: 0.502696835
00:17:12.460 --> 00:17:13.360 And breathe.
NOTE Confidence: 0.910136083076923
00:17:17.820 --> 00:17:20.274 This is acupressure release that you
NOTE Confidence: 0.910136083076923
00:17:20.274 --> 00:17:23.430 can do at anytime throughout the day.
NOTE Confidence: 0.910136083076923
00:17:23.430 --> 00:17:25.614 Two to three minutes on each point.
NOTE Confidence: 0.848415065
00:17:30.040 --> 00:17:32.960 They could hopefully help to
NOTE Confidence: 0.848415065
00:17:32.960 --> 00:17:35.880 activate a release of Nausha
NOTE Confidence: 0.848415065
00:17:35.987 --> 00:17:38.959 and other digestive symptoms.
NOTE Confidence: 0.855142701428571
00:17:44.120 --> 00:17:46.005 Take a breath and just
NOTE Confidence: 0.855142701428571
00:17:46.005 --> 00:17:49.088 finish up on when 12/13/14.
NOTE Confidence: 0.7821461211111111
00:17:54.220 --> 00:17:57.046 Hey again, we're just going to take a moment.
NOTE Confidence: 0.774606250454546
00:17:59.160 --> 00:18:00.762 To ground, it's good if you
NOTE Confidence: 0.774606250454546
00:18:00.762 --> 00:18:02.280 happen to have water nearby,
NOTE Confidence: 0.774606250454546

00:18:02.280 --> 00:18:03.639 you may want to take a sip of water,
NOTE Confidence: 0.774606250454546

00:18:03.640 --> 00:18:05.026 or as you do this at home,
NOTE Confidence: 0.774606250454546

00:18:05.030 --> 00:18:06.878 it's good to have water nearby,
NOTE Confidence: 0.774606250454546

00:18:06.880 --> 00:18:09.456 because it can sometimes dehydrate you a
NOTE Confidence: 0.774606250454546

00:18:09.456 --> 00:18:12.338 little bit when you activate the Meridian,
NOTE Confidence: 0.774606250454546

00:18:12.340 --> 00:18:14.300 so you definitely want to flush with water.
NOTE Confidence: 0.774606250454546

00:18:14.300 --> 00:18:16.148 If not now, then when we're finished.
NOTE Confidence: 0.83544277

00:18:18.380 --> 00:18:22.076 As a general full body relaxation point,
NOTE Confidence: 0.83544277

00:18:22.080 --> 00:18:24.138 it's a bonus point for today.
NOTE Confidence: 0.83544277

00:18:24.140 --> 00:18:26.820 It's called large intestine 4.
NOTE Confidence: 0.83544277

00:18:26.820 --> 00:18:29.420 This is just for general
NOTE Confidence: 0.83544277

00:18:29.420 --> 00:18:31.500 relaxation alleviation of anxiety.
NOTE Confidence: 0.83544277

00:18:31.500 --> 00:18:33.864 Sometimes it can just help with
NOTE Confidence: 0.83544277

00:18:33.864 --> 00:18:36.170 headaches and other symptoms of stress.
NOTE Confidence: 0.83544277

00:18:36.170 --> 00:18:39.370 The large intestine 4 point is right at
NOTE Confidence: 0.83544277

00:18:39.370 --> 00:18:43.148 the web of your thumb and your forefinger.

NOTE Confidence: 0.83544277

00:18:43.150 --> 00:18:46.360 It's right in here it's a

NOTE Confidence: 0.83544277

00:18:46.360 --> 00:18:48.500 strong and powerful point.

NOTE Confidence: 0.83544277

00:18:48.500 --> 00:18:50.828 And this is something that we're going to

NOTE Confidence: 0.83544277

00:18:50.828 --> 00:18:52.990 use gentle pressure on with our thumb.

NOTE Confidence: 0.69527336

00:18:56.340 --> 00:18:57.568 But it makes circles.

NOTE Confidence: 0.93018159

00:19:02.070 --> 00:19:04.326 If you prefer to use your

NOTE Confidence: 0.93018159

00:19:04.330 --> 00:19:06.418 forefinger, that's OK too.

NOTE Confidence: 0.925922516666667

00:19:08.780 --> 00:19:11.036 Whatever feels more comfortable for you.

NOTE Confidence: 0.893789038571429

00:19:13.220 --> 00:19:15.894 Sometimes you can feel tenderness in here,

NOTE Confidence: 0.893789038571429

00:19:15.900 --> 00:19:19.329 so just go slow, go light on this point,

NOTE Confidence: 0.893789038571429

00:19:19.330 --> 00:19:20.764 make gentle. Circles.

NOTE Confidence: 0.893789038571429

00:19:20.764 --> 00:19:24.110 Here sometimes if you have a headache,

NOTE Confidence: 0.893789038571429

00:19:24.110 --> 00:19:28.950 you can feel sort of an immediate relaxation.

NOTE Confidence: 0.893789038571429

00:19:28.950 --> 00:19:31.739 In the head area, kind of, uh, letting go.

NOTE Confidence: 0.786029901428572

00:19:36.040 --> 00:19:38.542 Triggers a strong full body relaxation

NOTE Confidence: 0.786029901428572

00:19:38.542 --> 00:19:41.350 response. This is large intestine for.
NOTE Confidence: 0.126233102

00:19:45.770 --> 00:19:46.730 And grieve.
NOTE Confidence: 0.893136915

00:19:52.280 --> 00:19:54.824 They do the same on the other side.
NOTE Confidence: 0.893136915

00:19:54.830 --> 00:19:57.809 Right at the web of the thumb and forefinger,
NOTE Confidence: 0.893136915

00:19:57.810 --> 00:20:00.092 either using the thumb, you get a
NOTE Confidence: 0.893136915

00:20:00.092 --> 00:20:02.008 little firmer pressure with the thumb.
NOTE Confidence: 0.893136915

00:20:02.010 --> 00:20:03.262 But sometimes that's uncomfortable.
NOTE Confidence: 0.893136915

00:20:03.262 --> 00:20:05.829 You may want to use the four finger,
NOTE Confidence: 0.893136915

00:20:05.830 --> 00:20:07.966 and you may again feel some tenderness here,
NOTE Confidence: 0.893136915

00:20:07.970 --> 00:20:09.804 so just be gentle and go light.
NOTE Confidence: 0.62988596

00:20:12.150 --> 00:20:13.000 Just press.
NOTE Confidence: 0.705134892

00:20:16.530 --> 00:20:18.770 Yeah, they release. And again,
NOTE Confidence: 0.705134892

00:20:18.770 --> 00:20:20.250 if you feel congestion here,
NOTE Confidence: 0.705134892

00:20:20.250 --> 00:20:22.062 my whole right side was more
NOTE Confidence: 0.705134892

00:20:22.062 --> 00:20:23.582 congested than the left side
NOTE Confidence: 0.705134892

00:20:23.582 --> 00:20:25.332 on all the points you may find

NOTE Confidence: 0.705134892
00:20:25.332 --> 00:20:27.166 that on one side or the other,
NOTE Confidence: 0.705134892
00:20:27.170 --> 00:20:29.938 so you could just gently hold for a
NOTE Confidence: 0.705134892
00:20:29.938 --> 00:20:33.120 moment just to activate the release
NOTE Confidence: 0.705134892
00:20:33.120 --> 00:20:37.240 before you continue making your circles.
NOTE Confidence: 0.705134892
00:20:37.240 --> 00:20:38.350 Kind of softened.
NOTE Confidence: 0.711503578333333
00:20:53.830 --> 00:20:55.678 And breathe as you do so.
NOTE Confidence: 0.840703868333333
00:21:01.520 --> 00:21:05.516 Again, this is large intestine 4.
NOTE Confidence: 0.840703868333333
00:21:05.520 --> 00:21:09.240 It helps with just a general body relaxation,
NOTE Confidence: 0.840703868333333
00:21:09.240 --> 00:21:11.848 stress relief, anxiety, headaches.
NOTE Confidence: 0.824398695454546
00:21:14.870 --> 00:21:16.478 Gonna finish up in just a
NOTE Confidence: 0.824398695454546
00:21:16.478 --> 00:21:17.950 few seconds with that point.
NOTE Confidence: 0.46581924
00:21:22.710 --> 00:21:25.656 Good. Excellent. Again,
NOTE Confidence: 0.46581924
00:21:25.656 --> 00:21:28.444 take a moment grounding. Relax.
NOTE Confidence: 0.46581924
00:21:28.444 --> 00:21:30.346 If you have some water nearby,
NOTE Confidence: 0.46581924
00:21:30.350 --> 00:21:31.826 take a few sips of water.
NOTE Confidence: 0.46581924

00:21:31.830 --> 00:21:33.405 If not, when we finish the program,
NOTE Confidence: 0.46581924

00:21:33.410 --> 00:21:34.538 make sure to hydrate.
NOTE Confidence: 0.872892420666667

00:21:37.890 --> 00:21:41.481 Finally, as we close we're gonna just
NOTE Confidence: 0.872892420666667

00:21:41.481 --> 00:21:45.960 do a little bit of gentle self massage.
NOTE Confidence: 0.872892420666667

00:21:45.960 --> 00:21:48.221 Going to take our hands and we're
NOTE Confidence: 0.872892420666667

00:21:48.221 --> 00:21:50.367 going to cross over the body so
NOTE Confidence: 0.872892420666667

00:21:50.367 --> 00:21:51.956 you can start with your right hand.
NOTE Confidence: 0.872892420666667

00:21:51.960 --> 00:21:55.176 Crossing over to the left shoulder.
NOTE Confidence: 0.872892420666667

00:21:55.180 --> 00:21:57.070 And we're going to take those tracks
NOTE Confidence: 0.872892420666667

00:21:57.070 --> 00:21:59.177 and you can give yourself some good
NOTE Confidence: 0.872892420666667

00:21:59.177 --> 00:22:01.031 pressure with a full open hand.
NOTE Confidence: 0.872892420666667

00:22:01.040 --> 00:22:04.310 And pull from the back.
NOTE Confidence: 0.872892420666667

00:22:04.310 --> 00:22:07.520 Forward Tored your shoulder blade towards
NOTE Confidence: 0.872892420666667

00:22:07.520 --> 00:22:10.959 the club towards the clavicle here.
NOTE Confidence: 0.872892420666667

00:22:10.960 --> 00:22:13.970 Back here, traps pull forward.
NOTE Confidence: 0.749536802222222

00:22:16.020 --> 00:22:18.522 And pull forward and just give

NOTE Confidence: 0.749536802222222

00:22:18.522 --> 00:22:21.370 a good stretch. That's a firm

NOTE Confidence: 0.749536802222222

00:22:21.370 --> 00:22:24.550 tight muscle on most of us.

NOTE Confidence: 0.749536802222222

00:22:24.550 --> 00:22:26.410 We could activate some release.

NOTE Confidence: 0.915146449090909

00:22:28.840 --> 00:22:31.120 Cross over to the other

NOTE Confidence: 0.915146449090909

00:22:31.120 --> 00:22:34.130 side and do the same thing.

NOTE Confidence: 0.915146449090909

00:22:34.130 --> 00:22:37.250 Reach back as far as you can towards

NOTE Confidence: 0.915146449090909

00:22:37.250 --> 00:22:40.113 your shoulder blade and pull forward

NOTE Confidence: 0.915146449090909

00:22:40.113 --> 00:22:42.970 towards the chronicle. Pull forward.

NOTE Confidence: 0.720056124285714

00:22:45.300 --> 00:22:50.529 And breathe, press in and pull forward.

NOTE Confidence: 0.720056124285714

00:22:50.530 --> 00:22:53.630 Press in and pull forward.

NOTE Confidence: 0.720056124285714

00:22:53.630 --> 00:22:57.400 Excellent now we take our hands and we're

NOTE Confidence: 0.720056124285714

00:22:57.400 --> 00:23:00.020 going to go to the back of the neck.

NOTE Confidence: 0.720056124285714

00:23:00.020 --> 00:23:02.302 The back of the neck with the

NOTE Confidence: 0.720056124285714

00:23:02.302 --> 00:23:04.624 pads of our fingers, and again,

NOTE Confidence: 0.720056124285714

00:23:04.624 --> 00:23:06.808 we're going to make circles back there.

NOTE Confidence: 0.720056124285714

00:23:06.810 --> 00:23:08.245 You don't want to press
NOTE Confidence: 0.720056124285714

00:23:08.245 --> 00:23:09.680 right on the cervical spine,
NOTE Confidence: 0.720056124285714

00:23:09.680 --> 00:23:11.939 but to the left and to the right of
NOTE Confidence: 0.720056124285714

00:23:11.939 --> 00:23:14.508 the spine are those cervical muscles,
NOTE Confidence: 0.720056124285714

00:23:14.508 --> 00:23:18.210 and which is going to make circles.
NOTE Confidence: 0.720056124285714

00:23:18.210 --> 00:23:21.745 From the from the bottom pull up.
NOTE Confidence: 0.720056124285714

00:23:21.750 --> 00:23:25.038 From the bottom and pull up.
NOTE Confidence: 0.720056124285714

00:23:25.040 --> 00:23:27.160 And you could move closer.
NOTE Confidence: 0.887078082857143

00:23:29.560 --> 00:23:32.584 To the side of your neck here.
NOTE Confidence: 0.887078082857143

00:23:32.590 --> 00:23:35.794 And just press in, make circles and pull up.
NOTE Confidence: 0.771287844

00:23:38.760 --> 00:23:41.580 Come forward, don't be afraid.
NOTE Confidence: 0.771287844

00:23:41.580 --> 00:23:43.092 You could definitely.
NOTE Confidence: 0.771287844

00:23:43.092 --> 00:23:45.612 You could definitely activate muscular
NOTE Confidence: 0.771287844

00:23:45.612 --> 00:23:48.309 release by doing self massage and
NOTE Confidence: 0.771287844

00:23:48.309 --> 00:23:50.733 it's something you can do anytime.
NOTE Confidence: 0.771287844

00:23:50.740 --> 00:23:53.220 Now we're going to take the pads of

NOTE Confidence: 0.771287844

00:23:53.220 --> 00:23:55.735 our fingers, and we're going to give

NOTE Confidence: 0.771287844

00:23:55.735 --> 00:23:57.630 ourselves a little scalp massage.

NOTE Confidence: 0.771287844

00:23:57.630 --> 00:23:59.790 It's so tight in here,

NOTE Confidence: 0.771287844

00:23:59.790 --> 00:24:04.254 just feel the occiput the base of your skull.

NOTE Confidence: 0.771287844

00:24:04.260 --> 00:24:06.549 And don't be afraid to get in

NOTE Confidence: 0.771287844

00:24:06.549 --> 00:24:08.730 there and make little circles.

NOTE Confidence: 0.771287844

00:24:08.730 --> 00:24:12.866 Around the back of the ear gets very tense,

NOTE Confidence: 0.771287844

00:24:12.866 --> 00:24:17.539 so take those thumbs and go on in there.

NOTE Confidence: 0.771287844

00:24:17.540 --> 00:24:19.454 And just feel.

NOTE Confidence: 0.771287844

00:24:19.454 --> 00:24:22.284 Feel those muscles and go

NOTE Confidence: 0.771287844

00:24:22.284 --> 00:24:24.569 ahead and make those circles.

NOTE Confidence: 0.771287844

00:24:24.570 --> 00:24:26.190 Bring your shoulders down,

NOTE Confidence: 0.771287844

00:24:26.190 --> 00:24:28.215 breathe as you do so.

NOTE Confidence: 0.58177274

00:24:30.590 --> 00:24:31.180 Stop.

NOTE Confidence: 0.748298137142857

00:24:35.390 --> 00:24:37.070 Now we're gonna come to the top

NOTE Confidence: 0.748298137142857

00:24:37.070 --> 00:24:39.019 of the head and we're just gonna.
NOTE Confidence: 0.748298137142857

00:24:39.020 --> 00:24:41.694 Take the pack several fingers and we're
NOTE Confidence: 0.748298137142857

00:24:41.694 --> 00:24:44.190 gonna release the crown a little bit.
NOTE Confidence: 0.748298137142857

00:24:44.190 --> 00:24:46.638 So start at the back here.
NOTE Confidence: 0.748298137142857

00:24:46.640 --> 00:24:49.272 And just move forward. On the crown
NOTE Confidence: 0.748298137142857

00:24:49.272 --> 00:24:52.128 of your head you can use one hand.
NOTE Confidence: 0.748298137142857

00:24:52.130 --> 00:24:54.840 Can you use both hands?
NOTE Confidence: 0.748298137142857

00:24:54.840 --> 00:24:57.367 Don't be afraid to get in there.
NOTE Confidence: 0.748298137142857

00:24:57.370 --> 00:25:01.018 Chris, a little bit with your thumb too.
NOTE Confidence: 0.748298137142857

00:25:01.020 --> 00:25:02.268 As you move forward.
NOTE Confidence: 0.944378409

00:25:06.630 --> 00:25:08.142 When you get to the top
NOTE Confidence: 0.944378409

00:25:08.142 --> 00:25:09.150 of the forehead here,
NOTE Confidence: 0.944378409

00:25:09.150 --> 00:25:11.484 take your forefinger and go ahead
NOTE Confidence: 0.944378409

00:25:11.484 --> 00:25:14.520 and press in and make some circles.
NOTE Confidence: 0.944378409

00:25:14.520 --> 00:25:16.208 And breathe and relax.
NOTE Confidence: 0.944378409

00:25:16.208 --> 00:25:17.896 Feel some tenderness here.

NOTE Confidence: 0.944378409

00:25:17.900 --> 00:25:19.010 Speak gentle.

NOTE Confidence: 0.754678755

00:25:24.880 --> 00:25:27.176 Now we're gonna take the two four

NOTE Confidence: 0.754678755

00:25:27.176 --> 00:25:29.060 fingers and we're gonna spread.

NOTE Confidence: 0.754678755

00:25:29.060 --> 00:25:32.108 The forehead this way.

NOTE Confidence: 0.754678755

00:25:32.110 --> 00:25:34.270 And we're going to work our way down.

NOTE Confidence: 0.754678755

00:25:34.270 --> 00:25:36.955 Just go ahead and press

NOTE Confidence: 0.754678755

00:25:36.955 --> 00:25:39.103 out towards the temples.

NOTE Confidence: 0.754678755

00:25:39.110 --> 00:25:41.108 Work your way down and press

NOTE Confidence: 0.754678755

00:25:41.108 --> 00:25:42.440 out towards the temples.

NOTE Confidence: 0.778083984

00:25:44.710 --> 00:25:47.230 Above your eyebrows, go ahead,

NOTE Confidence: 0.778083984

00:25:47.230 --> 00:25:49.290 feel some tension is there.

NOTE Confidence: 0.778083984

00:25:49.290 --> 00:25:52.740 Helps to relieve any sinus pressure.

NOTE Confidence: 0.778083984

00:25:52.740 --> 00:25:54.540 Above your eyebrow.

NOTE Confidence: 0.778083984

00:25:54.540 --> 00:25:57.540 Go ahead and press out.

NOTE Confidence: 0.778083984

00:25:57.540 --> 00:26:01.310 Robber temples we're gonna

NOTE Confidence: 0.778083984

00:26:01.310 --> 00:26:03.135 move down to the jaw.
NOTE Confidence: 0.778083984

00:26:03.140 --> 00:26:05.336 Feel that tension in the jaw.
NOTE Confidence: 0.778083984

00:26:05.340 --> 00:26:07.452 You can use the flat of
NOTE Confidence: 0.778083984

00:26:07.452 --> 00:26:09.310 your hand on the jaw.
NOTE Confidence: 0.778083984

00:26:09.310 --> 00:26:11.500 Open your mouth a little bit.
NOTE Confidence: 0.778083984

00:26:11.500 --> 00:26:12.180 And rub.
NOTE Confidence: 0.740492986666667

00:26:14.950 --> 00:26:15.898 And press up.
NOTE Confidence: 0.27625427

00:26:17.910 --> 00:26:18.250 Op
NOTE Confidence: 0.815255685714286

00:26:21.280 --> 00:26:23.597 and now we're going to once again
NOTE Confidence: 0.815255685714286

00:26:23.600 --> 00:26:26.828 bring our hands behind our neck.
NOTE Confidence: 0.815255685714286

00:26:26.830 --> 00:26:29.160 We're going to come forward.
NOTE Confidence: 0.815255685714286

00:26:29.160 --> 00:26:31.210 We're going to come up.
NOTE Confidence: 0.815255685714286

00:26:31.210 --> 00:26:34.146 We're just gonna hold here for a moment.
NOTE Confidence: 0.815255685714286

00:26:34.150 --> 00:26:36.355 Just give yourself a little face hug.
NOTE Confidence: 0.704757

00:26:39.440 --> 00:26:40.410 And breathe.
NOTE Confidence: 0.448532736666667

00:26:43.550 --> 00:26:44.678 Second breath in.

NOTE Confidence: 0.733605884285714

00:26:47.270 --> 00:26:49.447 And one more breath in and out.

NOTE Confidence: 0.780045461538462

00:26:52.060 --> 00:26:54.380 Excellent. Bring your hands into

NOTE Confidence: 0.780045461538462

00:26:54.380 --> 00:26:57.670 prayer pose and drop your head a bit.

NOTE Confidence: 0.780045461538462

00:26:57.670 --> 00:27:00.088 Give thanks to yourself for taking

NOTE Confidence: 0.780045461538462

00:27:00.088 --> 00:27:02.735 the time to give yourself some

NOTE Confidence: 0.780045461538462

00:27:02.735 --> 00:27:05.191 love to open up your body a little

NOTE Confidence: 0.780045461538462

00:27:05.191 --> 00:27:07.430 bit to help yourself feel good.

NOTE Confidence: 0.780045461538462

00:27:07.430 --> 00:27:09.838 And again, this is something you can

NOTE Confidence: 0.780045461538462

00:27:09.838 --> 00:27:12.692 do anytime of the day. Just ground.

NOTE Confidence: 0.780045461538462

00:27:12.692 --> 00:27:15.697 Breathe open up the acupressure

NOTE Confidence: 0.780045461538462

00:27:15.697 --> 00:27:19.719 points and a little self massage.

NOTE Confidence: 0.780045461538462

00:27:19.720 --> 00:27:22.226 So we're going to end like taking

NOTE Confidence: 0.780045461538462

00:27:22.226 --> 00:27:24.279 one hand under this armpit,

NOTE Confidence: 0.780045461538462

00:27:24.280 --> 00:27:25.900 one hand on the other,

NOTE Confidence: 0.780045461538462

00:27:25.900 --> 00:27:28.696 and just sort of pressing down

NOTE Confidence: 0.780045461538462

00:27:28.700 --> 00:27:32.040 and in towards the heart.
NOTE Confidence: 0.780045461538462

00:27:32.040 --> 00:27:36.950 Breathe and feel the release.
NOTE Confidence: 0.780045461538462

00:27:36.950 --> 00:27:37.680 And again.
NOTE Confidence: 0.61601310375

00:27:40.040 --> 00:27:44.280 And feel their release. One last breath in.
NOTE Confidence: 0.354897025

00:27:47.360 --> 00:27:49.010 And exhale.
NOTE Confidence: 0.948270527

00:27:52.960 --> 00:27:54.745 Once again, I thank you
NOTE Confidence: 0.948270527

00:27:54.745 --> 00:27:56.530 all for joining me today.
NOTE Confidence: 0.948270527

00:27:56.530 --> 00:27:58.746 I wish you well. I wish you health.
NOTE Confidence: 0.948270527

00:27:58.750 --> 00:28:01.418 I wish you peace and happiness made
NOTE Confidence: 0.948270527

00:28:01.418 --> 00:28:03.642 a long time sun shine upon you and
NOTE Confidence: 0.948270527

00:28:03.642 --> 00:28:05.960 all of surround you and the pure
NOTE Confidence: 0.948270527

00:28:05.960 --> 00:28:07.823 light within you guide your way
NOTE Confidence: 0.948270527

00:28:07.823 --> 00:28:09.000 on take care everybody bye bye.