



ITEA PLUS



Individualized Training and
Education in Acupressure
For BODY, MIND, & SPIRIT

Stress-Less

Calmness

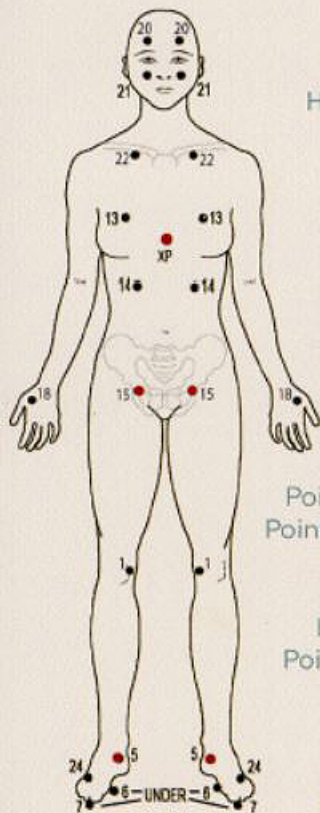
Wellness

Rested



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Acupressure is light touch using the fingertips at points or regions on the body.



STRESS-LESS

Hold opposite (or same side) points 5 and 25 simultaneously

Point 5: Inner ankle, below ankle bone

Point 25: Directly below sit-bones

CALMNESS

With the left hand, hold center 4* and with the right hand hold the xyphoid process (XP)

Point 4*: Occipital ridge on the back of the skull

XP: Cartilaginous section at the lower end of the sternum

WELLNESS

Hold same side 11 and 15 simultaneously

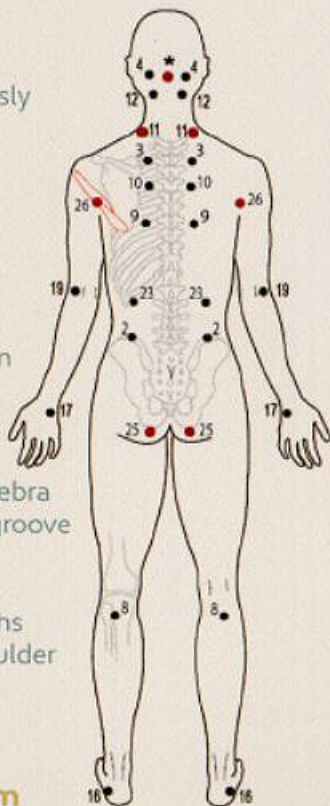
Point 11: Top of shoulder muscle, level with first thoracic vertebra

Point 15: In bend of hip joint on front of the body, in inguinal groove

RESTED

Hold points 26 (both sides) while taking 36 relaxed breaths

Point 26: Outside upper arm, in hollow of muscle under shoulder



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