

Individualized Training and Education in Acupressure FOR STUDENT ATHLETES

Promote Immunity

Prevent Colds and Flu

Promote Centering

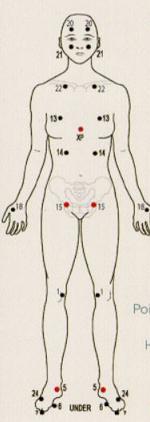
Reduce Stress

Promote Sleep



Find tutorials, videos, and more at iteaplus.com

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



FIND YOUR CENTER

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

PROMOTE IMMUNITY

Hold same side 11 and 15 simultaneously
Point 11: Top of the shoulder muscle, level with the first
thoracic vertebra

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

PREVENT COLD OR FLU

Hold point 3 with the opposite hand while simultaneously holding the fingernail of each finger in succession with the same side thumb pad Point 3: Upper, inner corner of the scapula

PROMOTE SLEEP

Hold point 26 (both sides) while taking 36 relaxed breaths Point 26: Outside upper arm, in hollow of muscle under shoulder

REDUCE STRESS

Hold opposite (or same side) points 5 and 25 simultaneously Point 5: Inner ankle, below the ankle bone Point 25: Directly below the sit-bones

Find tutorials, videos, and more at iteaplus.com