



Individualized Training and  
Education in Acupressure  
**FOR STUDENT ATHLETES**

**Promote Immunity**

**Prevent Colds and Flu**

**Promote Centering**

**Reduce Stress**

**Promote Sleep**



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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

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