



Individualized Training and
Education in Acupressure
FOR STUDENTS

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 xiphoid 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

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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