

meridian exercises

1

---lung, colon---
stand with feet shoulder width,
hook thumbs together behind the back,
arms straight
while exhaling bend forward and keep position
keep breathing

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slowly return to upright position, head is last



2

---stomach, spleen---
sit on your feet
lean backward
as far as you want

--

come up slowly
relax and bend forward



3

---heart, small intestine---
sit, place soles of your feet together
swing a little bit right and left, circle
grasp your feet
while exhaling bend forward like over a ball

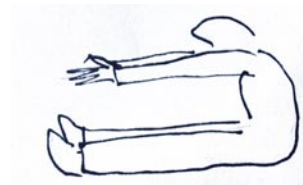
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4

---bladder, kidney---
legs stretched out
arms reached out in front as if holding something
while exhaling bend forward like over a ball

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5

---heart, triple heater---
half-lotus position
cross-legged, right leg on left thigh
arms crossed - palms down - bend forward

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change legs, left leg on right thigh
arms crossed - palms up - bend forward



6

---liver, gallbladder ---
legs extended to either side
clasp hands over head, turn palms upward
turn upperbody to left, bend down to the right

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when releasing roll to middle and slowly come up
same left and middle



7

relax on your back

<http://www.acuwebpage.com/merstrpg.htm>