

# ABHYANGA SELF-MASSAGE

## Five Element Yoga®



Five Element  
Y O G A

Abhyanga is a potent healing and rebalancing self-massage for your internal five elements. The rhythmic flow of movement activates the lymphatic system to help you detoxify. And the relaxing nature of this massage shifts you into the parasympathetic healing mode of the nervous system, allowing your body and being a chance to balance and heal naturally.

You can practice Abhyanga 'dry' over clothing or directly on the skin. Or you may like the addition of warmed oil on skin like almond or sunflower oils (*BanyanBotanicals.com* has many options for constitution and season). When using oils, take a shower afterward, using minimal soap to allow the oil to soak in. The oil acts as a 'medicine' which the steam of the shower helps the skin and nerves absorb. This aids in calming both the mind and nervous system, and also the oil and steam draw impurities and toxins out of the body.

Practice daily if possible: in the morning or before bed at night are good times. Seated comfortably on the floor, use long, repetitive strokes on the bones; and circular strokes on the joints. I send you many blessings on your journey of health and wellness!

### Head

Scalp "hair-wash" Left side, then Right side  
Full hand stroke on forehead x5  
Stroke across brow bones with thumbs x5  
Circle around eye sockets x5  
Stroke length of nose x5  
Stroke horizontally under nose x5  
Stroke jaw x5  
Palm circles on chin x5  
Jaw circles x5  
Temple circles x5  
Full hand stroke on forehead x5  
Massage ears

### Neck and Arms

Squeeze neck  
Upper shoulder squeeze  
Right hand massages left shoulder:  
circle shoulder joint x3  
Right hand strokes up and down upper arm x5  
Inner arm strokes x5  
Inner elbow circles x3  
Outer elbow circles x3  
Up and down outer forearm x5  
Inner forearm x5  
Wrist circles inner and outer x3  
Whole hand inner and outer x3  
Massage each finger  
Repeat: left hand massages right side

### Torso

V-strokes from sternum to shoulder x5 Left side; then Right side  
Belly circles slow 20x clockwise & 20x counter  
Up and down side ribs with both hands x5  
Low back circles slow: 20x clockwise & 20x counterclockwise

### Legs

Circles on hip joints x5  
Left leg Up and down top of thigh strokes x5  
Up and down inner & outside thigh strokes x5  
Up and down back of thigh strokes x5  
Circles on knee x3  
Up and down Shin strokes x5  
Up and down calf x5  
Both palms circle ankles x5  
Repeat on right leg

### Feet

Pick up left foot & rub whole foot to warm up  
Massage each individual toe  
Stroke between tendons on top of foot  
Knuckle on the arch strokes x5  
Knuckle whole sole of the foot x5  
Repeat on right foot.