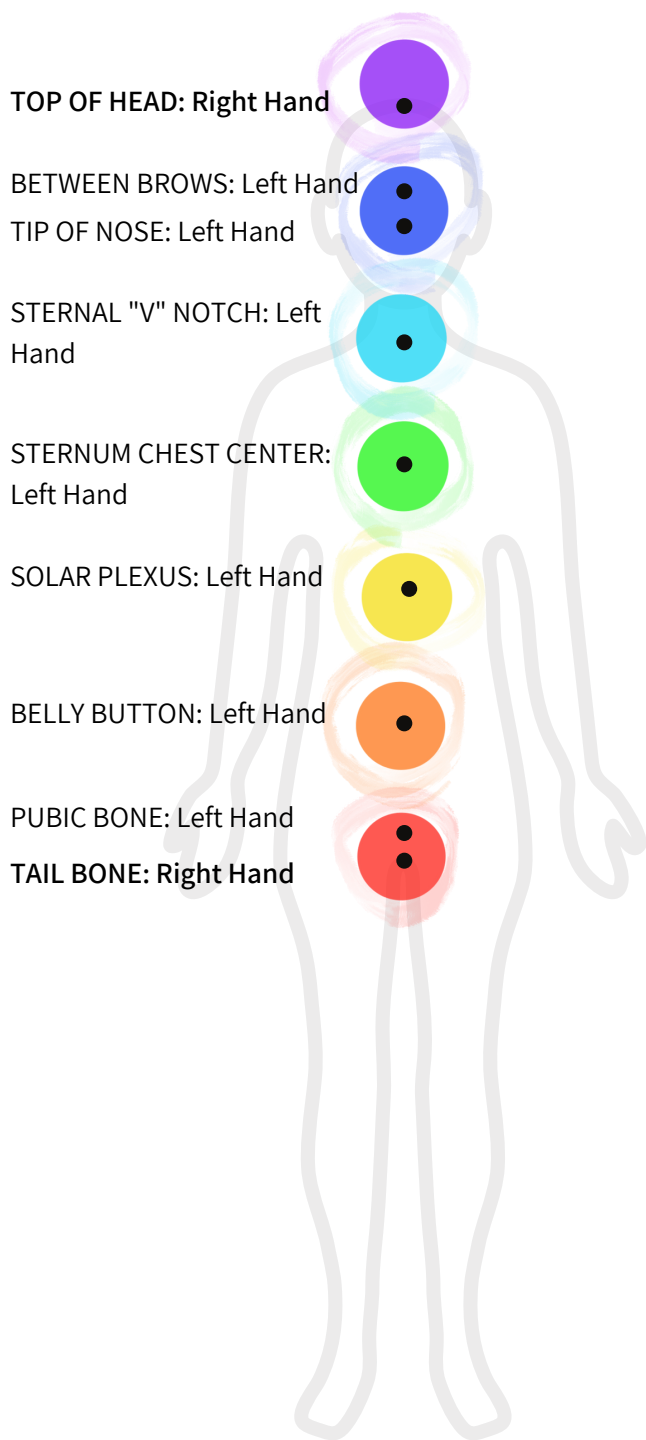


# Central Harmonizer

## ACUPRESSURE

### Five Element Yoga® with Jennifer Reis

Energy flows more freely to the organs, glands, systems and chakra wheels of energy when congestion and blockages are removed with this Central Harmonizer Flow. You will shift into the parasympathetic nervous system mode for natural healing, balance and restoration. Your Chakra wheels of energy will also come into balance. This may put you to sleep and if that happens, let it. Practice this flow daily if you choose. It will help your health, relaxation and sleep!



#### HOW TO

Lie down on your mat or bed or somewhere else that is comfortable. You may like to prop your elbows with cushions or yoga blocks so your shoulders can rest as you practice.

#### HANDS

Your hands act as jumper cables connecting the points and channels in the body's energy system. Hold index, middle and ring fingers together. Touch the points on the body with these three finger pads gently held together. Use the weight your fingers for pressure - there is no need to press firmly.



#### THE FLOW

The LEFT HAND begins on the point BETWEEN BROWS. The RIGHT HAND begins on the TOP OF HEAD and stays there for most of the flow as your left hand works all the way down each body point.

When you feel the 'pulsation' of energy between RIGHT and LEFT HANDS synchronized, it's time to move the LEFT HAND to the next holding point down the central axis of the body. (If you do not detect a pulsation, move to the next point after 2-5 minutes).

The final 'hold' is the LEFT HAND on the PUBIC BONE and the RIGHT HAND now moves to rest on the TAIL BONE. You may wish to roll to your left side for comfort for this final hold.