

Governing Vessel Meridian

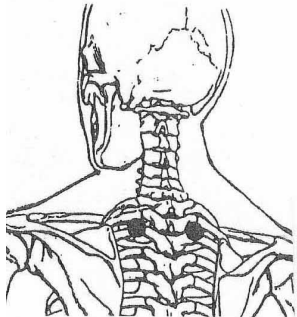
Massage the **Front & Back** reflex points.
Do as best as you can with the back points if doing your own balance

FRONT

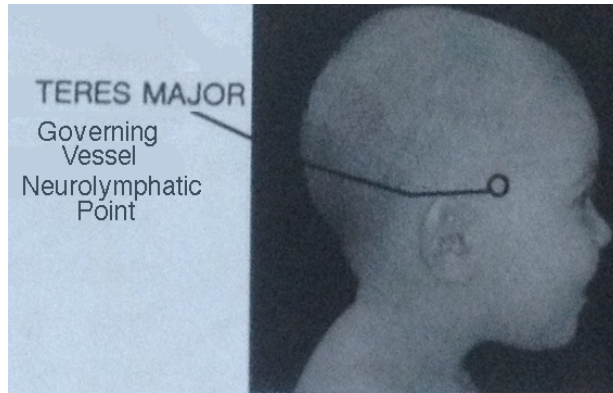


FRONT: Between the second and third ribs halfway 2"-3" (5-7.5cm) between the shoulder and the sternum or breastbone.

BACK



BACK: One inch either side of the spine in between the 2nd/3rd thoracic vertebrae.



Place the pads of your 1st 2 fingers on the circle on both sides of your head, at the same time. Do this for a minute or so.

Meridian – Trace with the back of your hand up from the bottom of the spine up the spine, bring your other hand (*palm facing the spine*) over to meet it, usually round the top of yr ribs depending on flexibility. Carry with this hand over the head, ending just above the top lip. Repeat around 6 times

