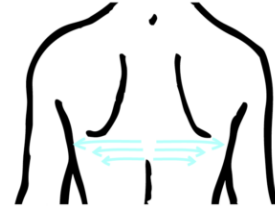


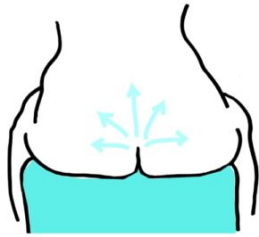
x 12 rounds leading into



12x



Gentle, slow 3 minutes



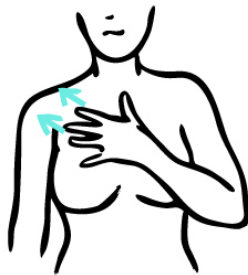
Moxa Sacral Fan x 2 12



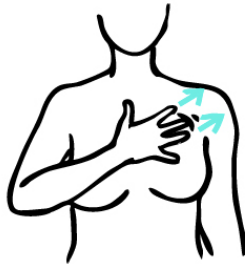
x 12 Vigorous circular Slow



gentle rolling x 3 x 3



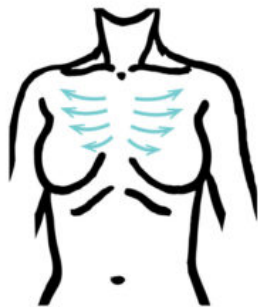
Slow gentle x 3



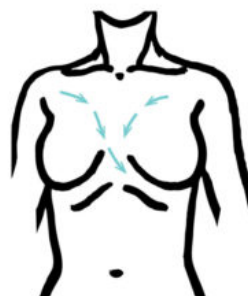
Slow gentle x 3



Slow gentle x many



Slow gentle x many



Slow gentle x 3

Slow deep breaths as the QI and lymph are activated.

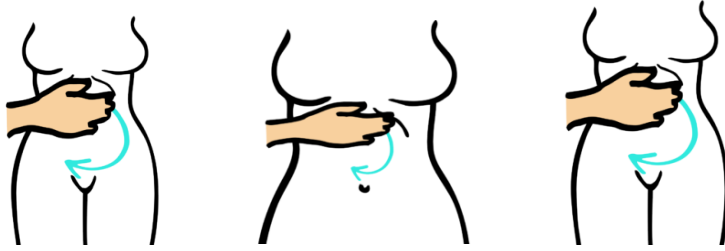


Slow gentle x 3 (LHS 1st)



Slow gentle x 3

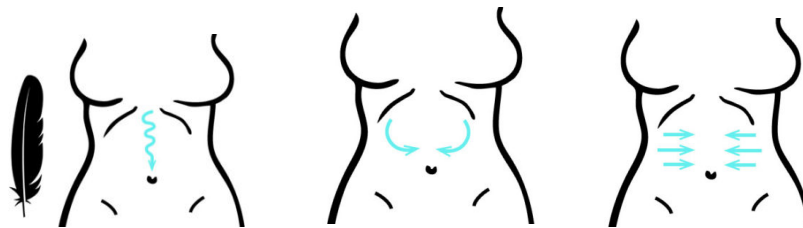
Between each step - from next page - a 'round & round' /perimeter lymph sweep



Slow gentle x 9
(Pads of fingers)

Slow gentle x 9
Very shallow palm contact

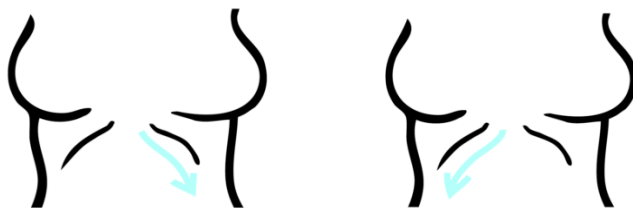
Repeat step 1 in between set of moves



Feather touch x 3

Squish together x 3

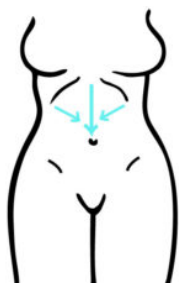
Squish together x 3



Light slow x 3 LHS 1st

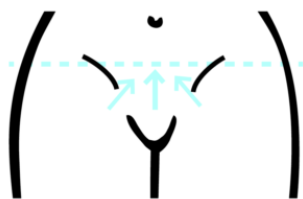
Light slow x 3

Remember a gentle lymph drainage perimeter after each move change to assist flows



Very light touch
Start with towards navel x 3
Each side x 3
3 sets of 3 moves,
then extra set towards navel

Always a 'round and round' between each set of moves to aid lymph drainage



As above
(but only to hip line)



Lower lymphatic
as above



Gratitude hug
x 1 minute