


Pelvic Opening

Hand moves to start gently, gradually deeper/more forceful

Moxa (step 5) to be outside totally protected from breezes using SMOKY moxa - sitting forwards.


1



Slow deliberate gentle, Pick up and walk skin from spine to sides.

3x each side - and sweep off on closing.


2



Little oil between the rib spaces

3x each side repeat as you like

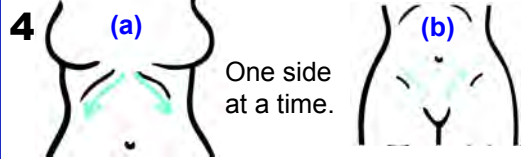
3



Feather touch **9x** initially Finger pads slow gentle always clockwise.

x1 in between each belly/chest move .

4




(a) (b)

One side at a time.

Gradually increase depth. **3x** each side.

Alternate - repeat as needed.

5



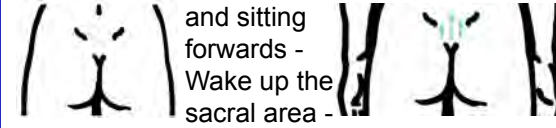
MOXA

OUTSIDE - Totally protected from breezes. Moxa upwards, never touching skin.

2-3 min total

SMOKY moxa - sitting forwards.

6



A little oil and sitting forwards - Wake up the sacral area -

Back moves are best after moxa (not essential). **1-2 min total**

7



Very slow. Only a finger width off the bone initially.

Deep gouging

8




10-15 min

With palms, knead to encourage better circulation.

Gouge into the hips eventually.

Spend most time here - after all the warming up

9



2-3 min total

Pressure from top couple of holes and gradually work down the sacrum.

BI 35 to be pushed in for 30 seconds.

10



x3

Sweep off and flick away.

