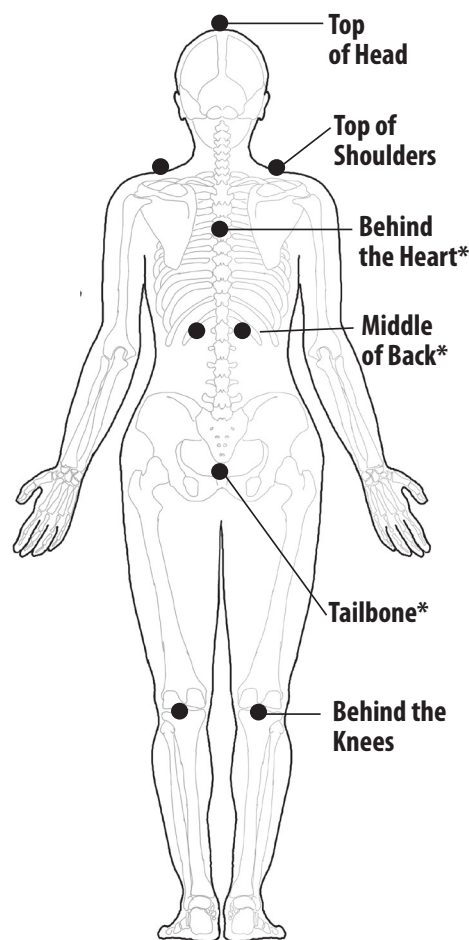
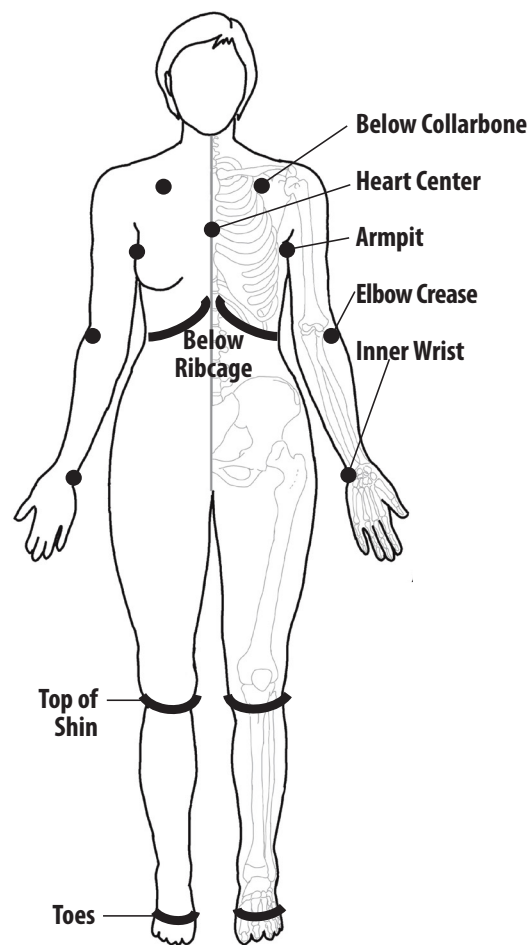




# The Seva Stress Release for Self-Care

Hand	Side of Body	Point Location/Action
1. --	--	Leg Stretch (bend forward)
2. BH*	L&R	Middle of Back (below last rib)
3. BH	L&R	Behind the Knees
4. BH	L&R	Top of Shoulders
5. BH	L&R	Down Arms to Elbow Crease Elbow to Each Fingertip
6. BH	L&R	Neck Stretch & Brow Sweep
7. BH	L&R	Below Collarbone
8. BH	L&R	Center of Armpit
9. BH	L&R	Inner Wrist (one side at a time)
10. BH*	Front/Back	Heart Center & Behind the Heart
11. BH	L&R	Below Ribcage
12. BH	L&R	Top of Shins (wrap fingers around shin)
13. BH	L&R	Behind the Knees
14. BH	L&R	Hold the Toes
15. BH	L&R	Neck Stretch & Brow Sweep
16. BH*	Midline	Tailbone & Top of Head
17. --	--	Leg Stretch (bend forward)



**Note:** The word "Seva" is sanskrit for compassionate service

**Applications:** Stress, Shock, Trauma, Anxiety, Pain, General Relaxation, Balancing

**Key:** BH: Both Hands  
Bold = Anchor Hand

LH: Left Hand  
Balls\* for Back Points

RH: Right Hand  
\* Adapt for Comfort