

Nervous System Release for Self - Care

Opening

Center and ground

BH Leg Stretch/Forward Bend

BH Neck Pull/Release and Finger Sweeps to Forehead

BH Cradle Base of Head at Occiput for up to 2 min.

BH Hold both Index Fingers just above collar bone & Spread All Fingers across Chest 1 or 2 min.

Left Side (Right Brain)

Ball L Inner Spine, Move from below Shoulder Blades to Sacrum, waiting for a release while Left hand goes to following three points.

LH L Sit Bone

LH L Behind Knee

LH L Bottom of Foot

LH L Behind Ear or Base of Skull

Ball L Inner Spine, Behind Waist

Ball L Inner Spine, Behind Heart

Ball L Inner Spine, Upper Shoulder

LH L Side of Neck

RH R Above Eyebrows

RH R Below Cheekbone

RH R Below Ribcage

RH R Groin Crease

Ball R Inner Spine, Below Shoulder Blades

RH R Sit Bone

RH R Behind Knee

RH R Bottom of Foot

Closing

ONE HAND AT TAILBONE

OTHER HAND HOLDS EACH FINGER TIP OF BOTH HANDS LIGHTLY

Applications: Depression, Emotional Balance, Stroke Recovery, Stimulates Brain, Spinal Misalignment, Support for Multiple Sclerosis

BH: Both Hands, LH: Left Hand, RH: Right Hand, **BOLD** = Anchor Hand

