

Insight Acupressure

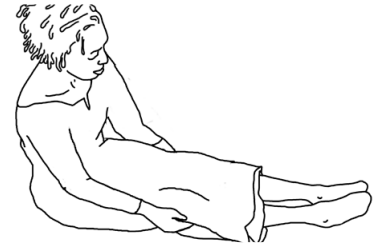
The Seva Stress Release



1. Leg Stretch



2. Middle of Back (Dorsal Hinge)



3. Behind the Knees (Back Drain)



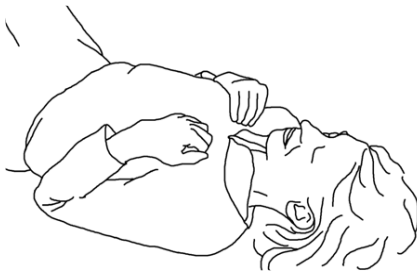
4. Top of Shoulders (Excess Baggage)



5. Down Arms to Elbows & Fingers



6. Neck stretch/Brow Sweep



7. Below Collarbone



8. Armpit & Inner Wrist



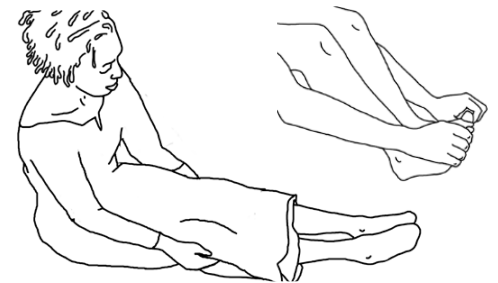
9. Hands over Heart



10. Base of Ribcage



11. Top of Shins below Kneecaps

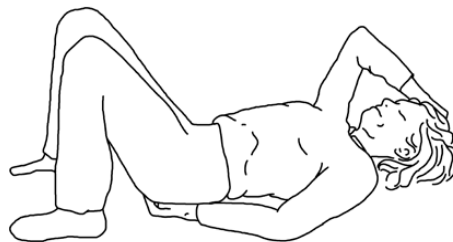


12. Behind Knees

13. Hold Toes



14. Neck Stretch/Brow Sweep



15. Tailbone and Top of Head
(Root and Crown)



16 Leg Stretch