

Seiki Shiatsu

Do it by yourself

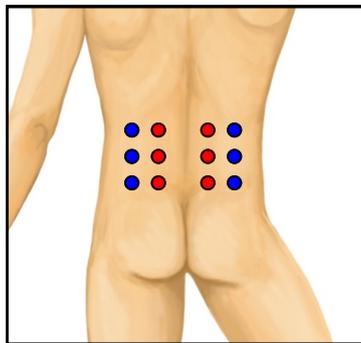


Treat yourself and connect to your internal healing energy

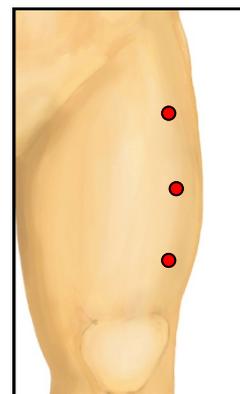
- 1 Put both palms on the Abdomen (Hara) and breathe 6 deep breaths,
(Breathe In from the nose and breathe out from the mouth)



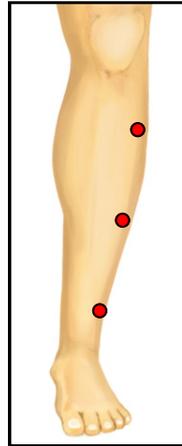
- 2 **Lower Back** - Press with both thumbs on the lower back
First line: Next to the spine, 3 points, up towards down (2 sides together)
Second line: Far from the spine, 3 points, up towards down (2 sides together)



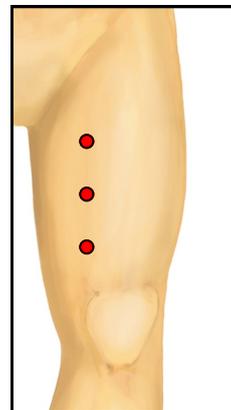
- 3 **Upper left leg**- Support the right upper leg with the right palm, press 3 points on the external side of the left upper leg with left palm (up towards down)



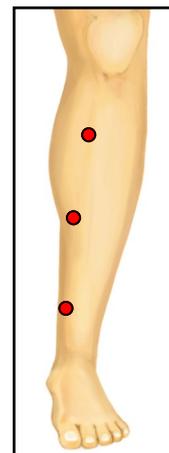
- 4 **Lower left leg** - Support the right upper leg with the right palm, press 3 points on the external side of the left lower leg with the left thumb (up towards down)



- 5 **Upper left leg** - Support the right upper leg with the right palm, press 3 points on the internal side of the left upper leg with the left thumb (up towards down)



- 6 **Lower left leg** - Support the left ankle with the right hand, press 3 points on the internal side of the left lower leg with the left thumb (up towards down)



- 7 **Left Foot - Press with the 2 thumbs, 3 points on the middle line of the foot, from the heel to the toes**

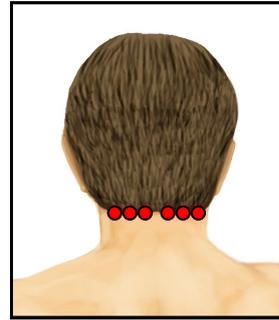


- 8 **Stretching the left Foot - Left hand supports the left ankle, Right hand holds and stretches the toes towards you**

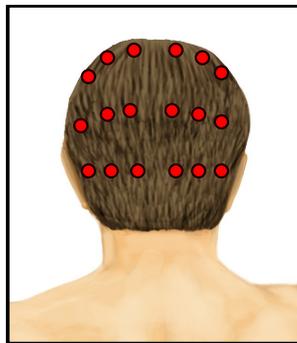


- 9 **Change sides and start treating the right side (exercises 3-8), Change hands, finish the right side and move to the next step (Number 10)**

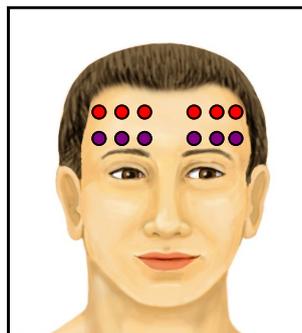
- 10 **Base of the Skull** - Press with both Thumbs on 3 points, from the center towards the ears (both sides together)
Remark - Please, don't press on the Cervical vertebrae!



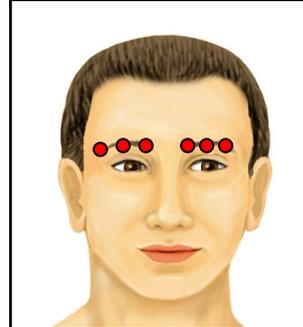
- 11 **Head** - Press with the both middle fingers on 3 points, from the center of the head towards the ears (support with 4 fingers) on following areas: Back of the head, middle of the head and the upper head, (both sides together)



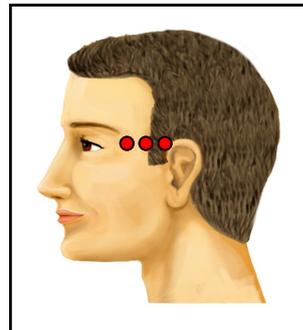
- 12 **Forehead** - Press with index & center fingers,
Upper line: 3 points, from center towards the temples (both sides together)
Lower line: 3 points, from center towards the temples (both sides together)



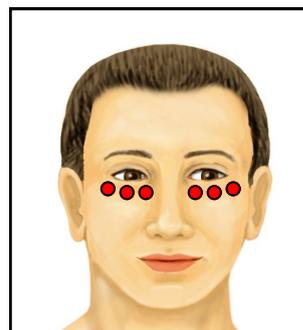
- 13 **Eyebrows** - Press with the thumbs on 3 points, from the center towards the temples (both sides together), The other fingers placed on the temples



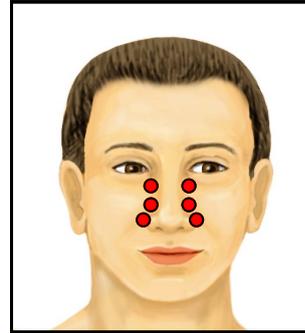
- 14 **Temples** -
 A. Press with the thumbs on 3 points, from the eye towards the ear (2 sides together),
 B. Choose the most sensitive point and press on it for 6 seconds (both sides together),



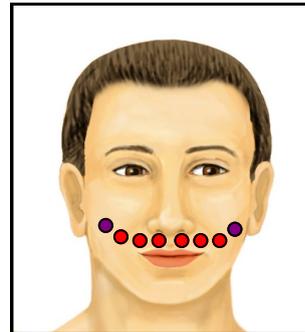
- 15 **Lower part of the eyes** - Press with the 2nd, 3rd & 4th fingers on 3 points, from the center towards the temple (both sides together)



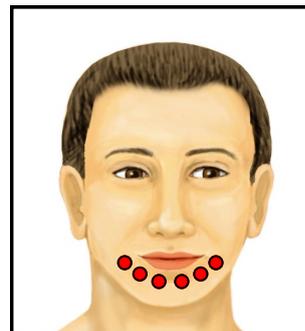
- 16 **Beside the Nose** - Press with index & center fingers on 3 points, from the eyes towards the gums (both sides together)



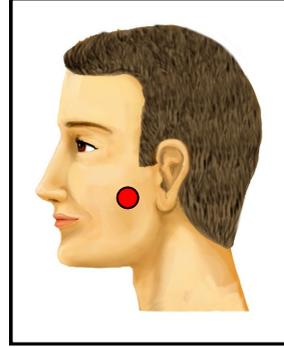
- 17 **Upper gums** - Press with 3 fingers (2,3,4) on 4 points from the center towards the ear, On the 4th point stay for 3-4 seconds (both sides together)



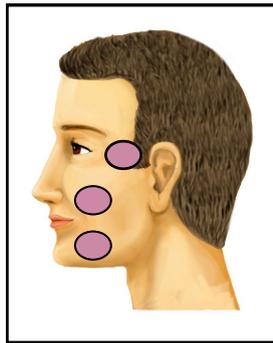
- 18 **Lower gums** - Press with 3 fingers (2,3,4) on 3 points from the center towards the ears (both sides together)



- 19 **The meeting point of the jaws** - Press with the middle fingers on 1 point, 4-5 seconds (both sides together)



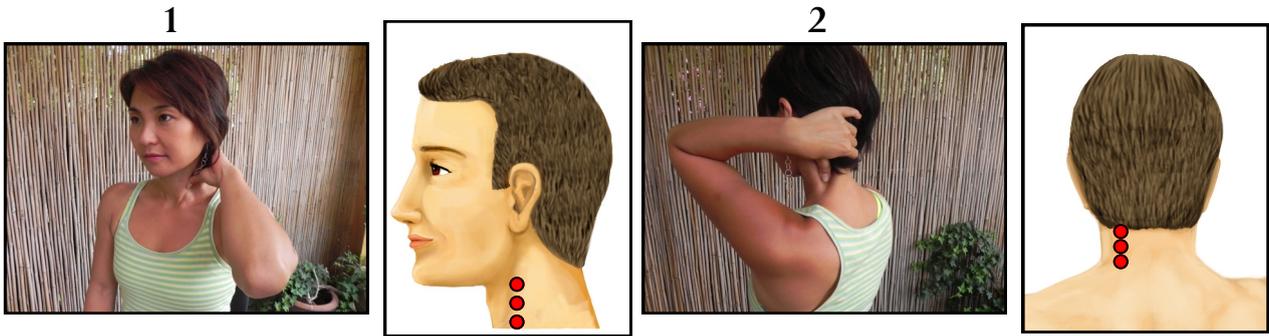
- 20 **Rotary motion** - Rotate with 3 fingers (2,3,4), three times on the: Lower gums, upper gums & temples (both sides together)



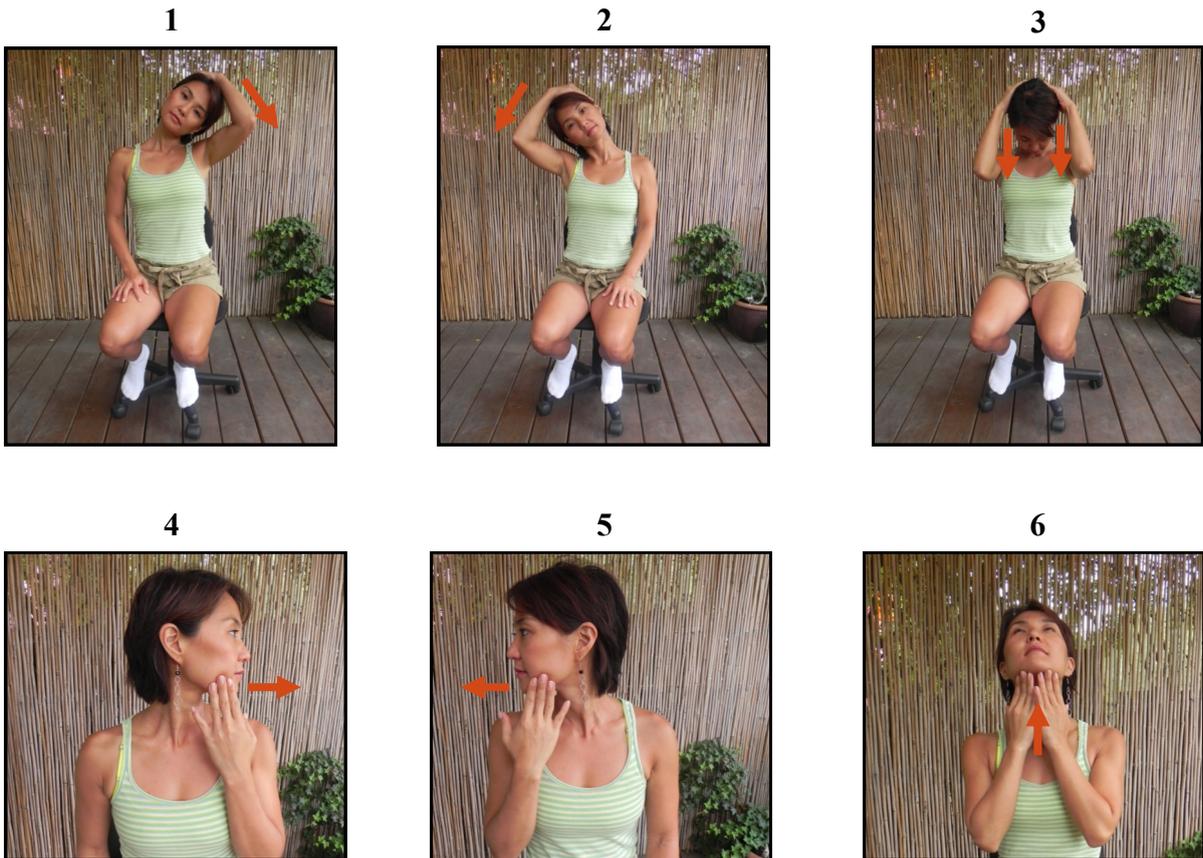
- 21 **Brush gently, with the 2 palms along the face, from the forehead towards the chin**



- 22
1. Left front side of the neck - Press with thumb, 3 points, up towards down
 2. Left back side of the neck - Press with thumb, 3 points, up towards down
- Repeat steps 1 & 2 on the right side with the right thumb**



- 23
- Stretching the neck**
- To the side** - (ear to shoulder), Left side and then right side, 3 seconds each
- Down** - (Chin towards the chest), 3 seconds
- Face to the side** - With fingers, Left side and then right side, 3 seconds each
- Backward** - With the fingers on the chin, 3 seconds

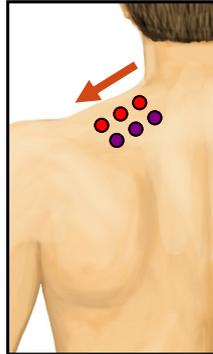


● 24

Left shoulder - 2 lines, from neck towards shoulder

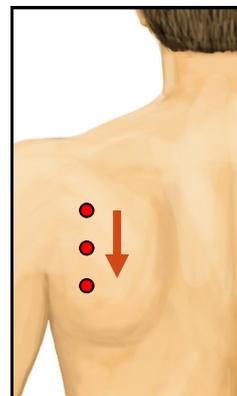
Upper line: Press with right center finger, 3 points, left hand pushes the elbow

Lower line: Press with right center finger, 3 points, left hand pushes the elbow



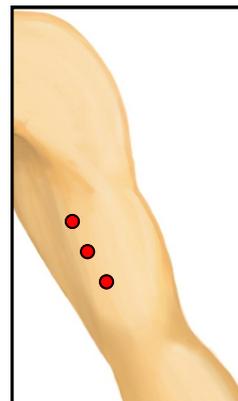
● 25

Left scapula - Press with the right center finger, 3 points, up towards down, left hand on the right shoulder

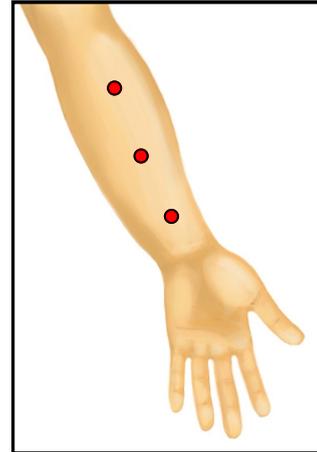


● 26

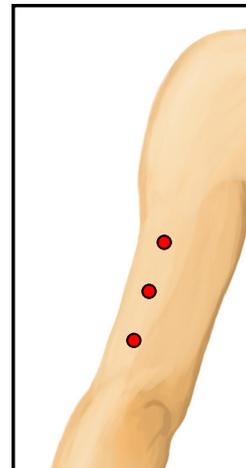
Upper left arm - Press with the right thumb, 3 points on the internal side of the upper arm, towards the elbow



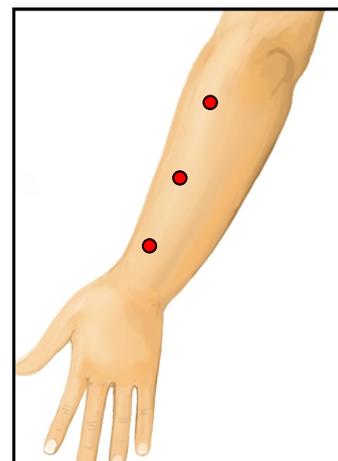
- 27 **Lower left arm** - Press with the right thumb, 3 points on the internal side of the lower arm, under the elbow towards the hand



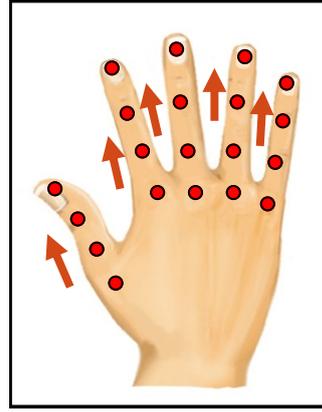
- 28 **Upper left arm** - Press with the right thumb, 3 points on the external side of the upper arm, from shoulder towards the elbow



- 29 **Lower left arm** - Press with right thumb, 3 points on the external side of the lower arm, under the elbow towards the hand



- 30 **Left hand fingers** - Press with thumb & index (clipping pressure) on 4 points, down to the nail, 5 fingers (first the pinky and last the thumb)

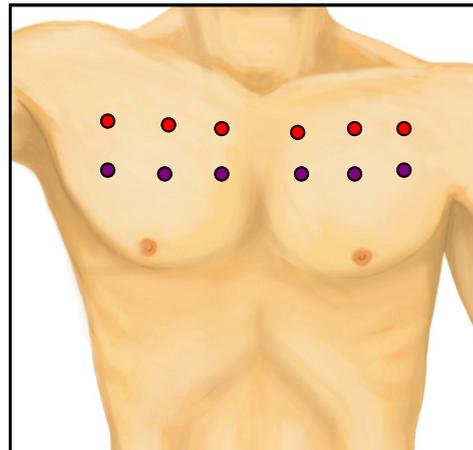


- 31 **Stretching the left hand** - With the right hand up towards the elbow

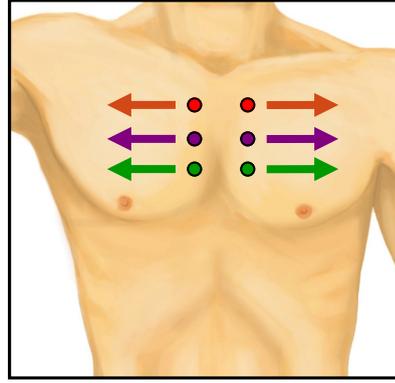


Repeat steps 24 –31 on the right side, change the sides of the fingers, continue to step 32

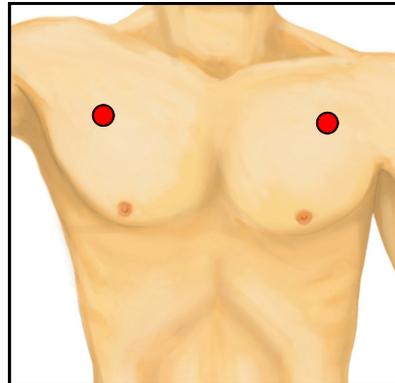
- 32 **Chest - 2 lines**
Upper line: Press with index & center fingers on 3 points, from the center towards the side (both sides together)
Lower line: Repeat on the lower line same as the upper line



- 33 **Stretching the chest** - Open and stretch the chest to the sides, with all fingers, 3 areas, both sides at the same time (Start from the upper part)



- 34 **Chest** - Press with both thumbs, 1 point on the chest for 6 seconds (both sides at the same time)



- 35 **Rotate the abdomen** 3 times with the 2 palms, Put both palms on the lower abdomen, Breathe deep 6 deep times, (Breathe in from the nose and breathe out from the mouth)



The End of Seiki Shiatsu - self treatment