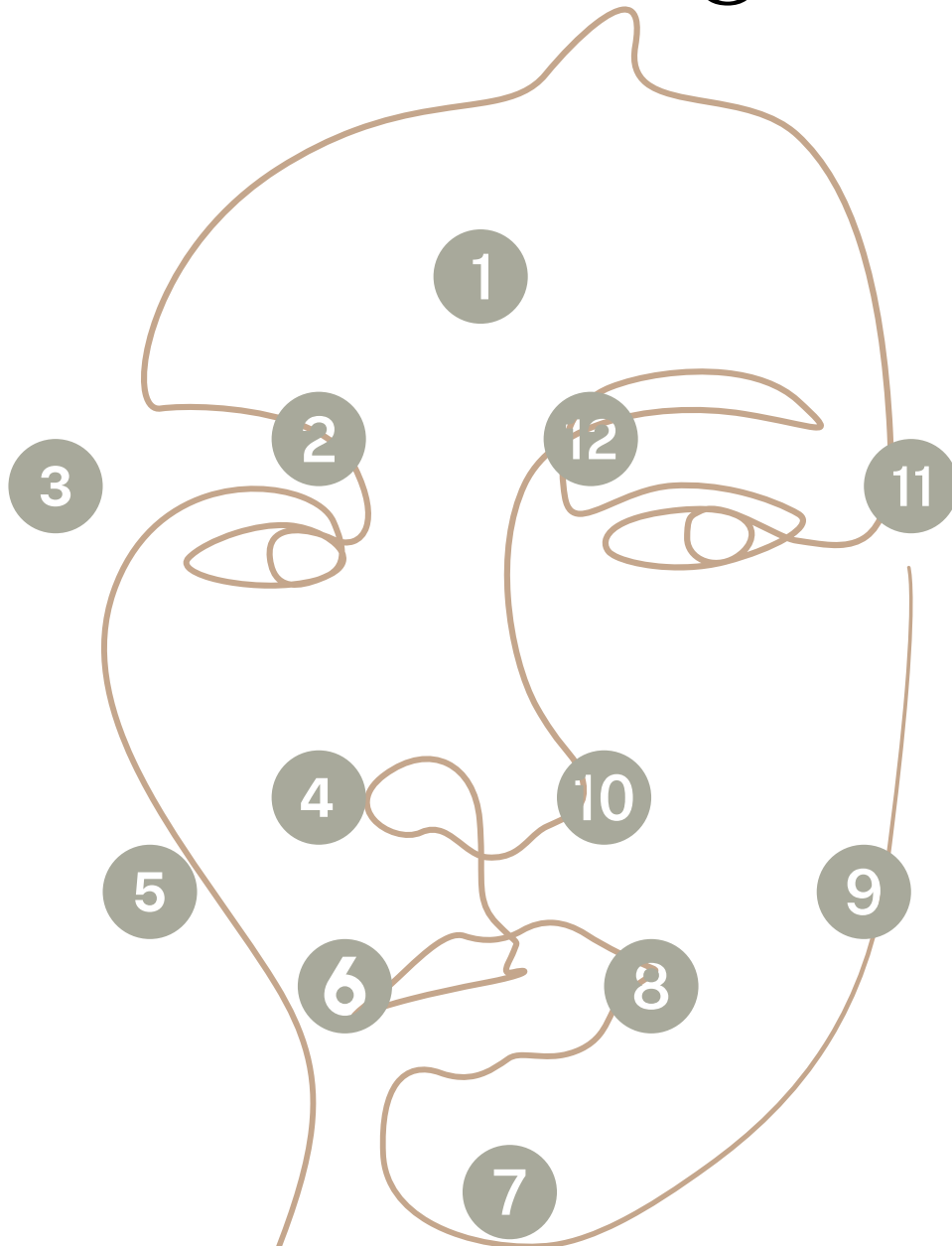


Deep Relaxation & Centering



Pro-Tip: Perform this during an oil cleanse to help reduce angst or support calm, or at the initial portion of your massage routine, or choose as the first tool used if utilizing other holistic tools

- Begin & End at #1
- Don't break contact
- Start repetitions counter-clockwise (to unwind) & follow with same # of repetitions clockwise (to reset)



MARMA POINT ROUTINE