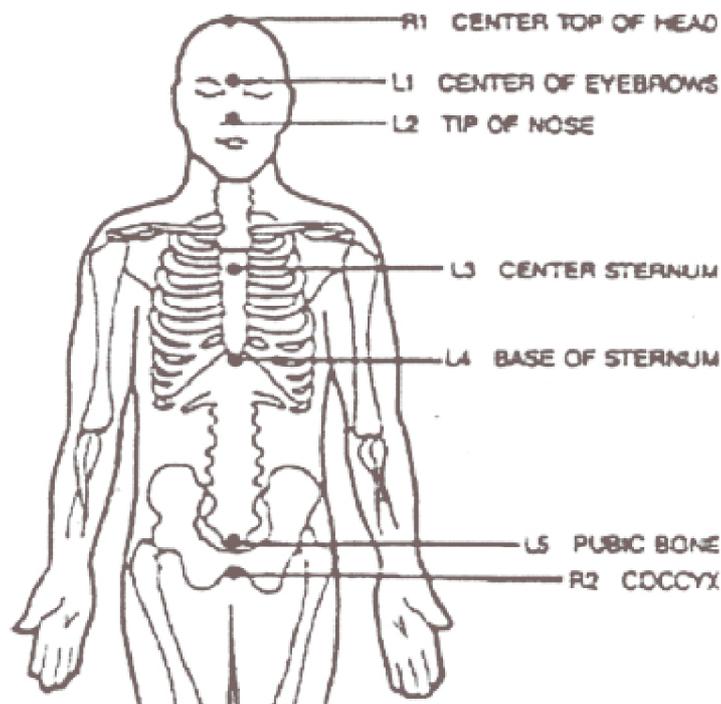


Main Central Flow

Use these 6 simple steps daily to help you recharge and re-vitalize



STEP 1 - Place Right hand on the top of the head (where it will remain until step 6).

Place the fingers of the left hand on your forehead between your eyebrows.

STEP 2 - Move left fingertips to the tip of the nose.

STEP 3 - Move left fingertips to your sternum (centre sternum).

STEP 4 - Move left fingers to the base of your sternum.

STEP 5 - Move left fingers to the top of your pubic bone.

STEP 6 - Keep your left fingertips on pubic bone & move your right fingertips to your coccyx (tailbone).

Hold each step for 4-5 minutes, or until the pulses you feel in your left and right fingertips synchronise with each other.

Key

(Referring to the diagram above)

R = Right hand

L = Left hand