

Recovery after Meditation

Breathe into RLD, then just relax on exhale.

Interlock fingers, raise hands over head, stretch. Twist to side.

Rub hands, inhale qi, massage face, massage ears, repeat 1-3 times

Inhale, then rub down face and centerline as you exhale.

Tap skull, front to back center to sides.

Rub head from front to back, down neck and down center line to yin channels on legs

Massage knees. The bent knee is wide open during meditation and massaging the knee brings the qi back into the knee.

Wave spine using knees for leverage

Circle shoulders

Massage Sanyinjiao

Slap bottoms of feet

Massage bottoms of feet. Yin to yang areas in summer, yang to yin areas in winter

Pull each toe.