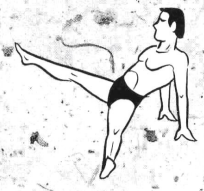

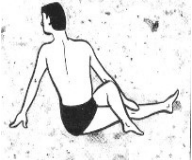


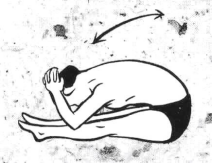




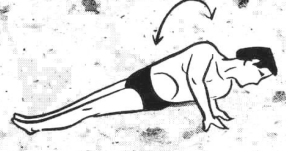




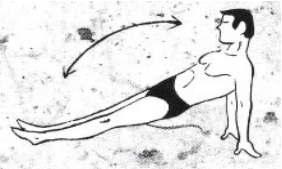


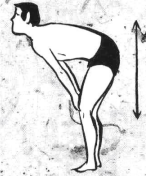





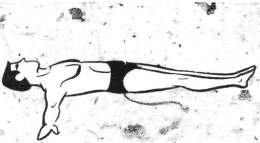




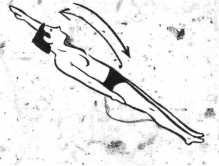
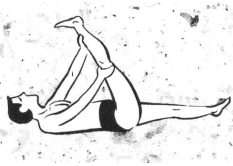
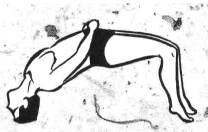
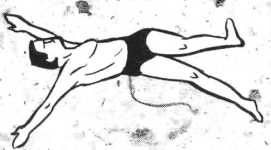

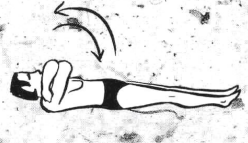

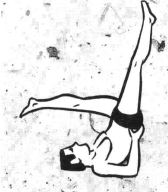

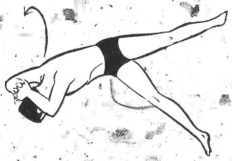
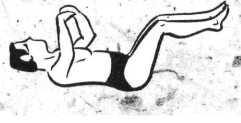


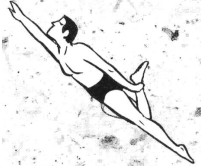

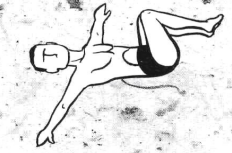
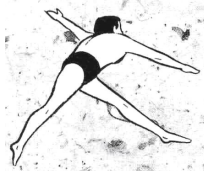
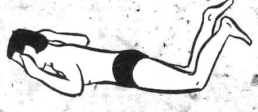
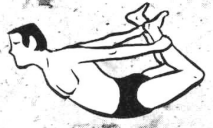
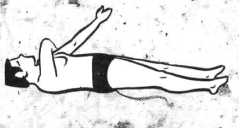
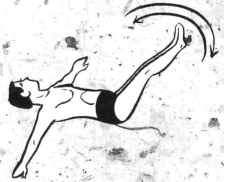
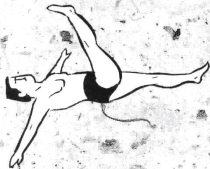

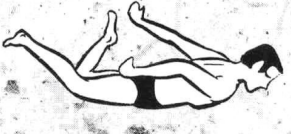
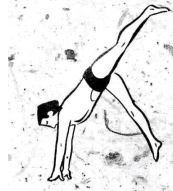


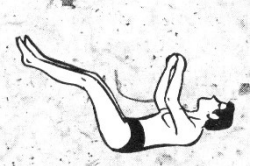



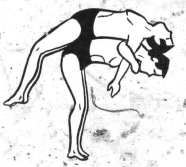


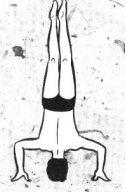



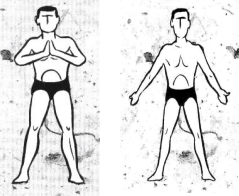




<p>WARM UP EXERCISES Bow Twist from side to side</p>	<p>5/ Rotation ankle left 12/ dtto right</p> 	<p>10/ Bending front&backward 17/ dtto</p> 	<p>22/ Lifting hip</p> 	<p>27/ Bending sides&front</p> 
<p>1/ Stretching &bending upper body</p> 	<p>6/ Stimulation Kidney 1st point - left 13/ dtto right</p> 	<p>11/ Twisting 18/ dtto</p> 	<p>23/ Open&close legs</p> 	<p>28/ Bending - sides</p> 
<p>2/ Rotation waist-</p> 	<p>7/ Stimulation - point Spleen 6th left 14/ dtto right</p> 	<p>19/ Light bending, leg stimulation, Twisting upper body</p> 	<p>24/ Bouncing hip</p> 	<p>29/ Twisting upper body</p> 
<p>3/ Rotation foot</p> 	<p>8/ Massaging leg - left 15/ dtto right</p> 	<p>20/ Turning sides</p> 	<p>25/ Bending upper body</p> 	<p>30/ Moving forward&back</p> 
<p>4/ Body stimulation</p> 	<p>9/ Bending forward&side 16/ dtto</p> 	<p>21/ Bending forward</p> 	<p>26/ Rotating upper body</p> 	<p>31/ Relaxing, stimulation</p> 

<p>32/ Bending upper body & turning</p> 	<p>37/ Neck stretch forward, backward</p> 	<p>42/ Rotating arms</p> 	<p>49/ Bending backward</p> 	<p>54/ Swing arms</p> 
<p>33/ Twisting upper body</p> 	<p>38/ Neck stretch - turn</p> 	<p>43/ Stretching clasped fingers</p> 	<p>50/ Bending&stretching</p> 	<p>55/ Breathing</p> 
<p>34/ Bending&stretching</p> 	<p>39/ Neck stretch - bend</p> 	<p>44/ Extending arms – palms in 45/ palms out</p> 	<p>51/ Bouncing knees</p> 	<p>56/ Rubbing abdomen</p> 
<p>35/ Rolling back</p> 	<p>40/ Neck stretch - rotate</p> 	<p>46/ palms down 47/ palms up</p> 	<p>52/ Rotating knees</p> 	<p>57/ Relaxation</p> 
<p>36/ Bending&twisting</p> 	<p>41/ Stretching shoulders</p> 	<p>48/ Circling shoulder</p> 	<p>53/ Rotating waist</p> 	

<p>COOL DOWN – ENERGY DISTRIBUTING EXERCISES</p>	<p>5/ Swing arms up and down</p> 	<p>10/ Extending leg</p> 	<p>15/ Rounding spine with the head support</p> 	<p>20/ Turning upper body</p> 
<p>1/ Stretching body</p> 	<p>6/ Swing arms sides</p> 	<p>11/ Shoulder massage</p> 	<p>16/ Riding bicycle</p> 	<p>21/ Rising legs</p> 
<p>2/ Turning upper body</p> 	<p>7/ Shaking arms and legs</p> 	<p>12/ Balancing</p> 	<p>17/ Bridge – stretching spine</p> 	<p>22/ Swinging with one leg</p> 
<p>3/ Massaging face, head and neck</p> 	<p>8/ Twisting legs</p> 	<p>13/ Turning upper body</p> 	<p>18/ Tapping fingers and toes</p> 	<p>23/ Swinging with both legs</p> 
<p>4/ Rotating arms</p> 	<p>9/ Circling with legs</p> 	<p>14/ Turning leg</p> 	<p>19/ Stretching spine</p> 	<p>24/ Beating lower back</p> 

<p>25/ Lifting whole body</p> 	<p>ORGAN EXERCISES</p> 	<p>5/ Liver</p> 	<p>10/ Stomach</p> 	<p>4/ Shake arms&legs</p> 
<p>26/ Extending shoulder</p> 	<p>1/ Kidneys</p> 	<p>6/ Gallbladder</p> 	<p>FINISHING EXERCISES</p>	<p>5/ Hip circles</p> 
<p>27/ Relaxing spine</p> 	<p>2/ Bladder</p> 	<p>7/ Lungs</p> 	<p>1/ Head stand</p> 	<p>6/ Breathing</p> 
<p>28/ Jumping</p> 	<p>3/ Heart</p> 	<p>8/ Large intestine</p> 	<p>2/ Press ups</p> 	
<p>29/ Breathing</p> 	<p>4/ Small intestine</p> 	<p>9/ Spleen</p> 	<p>3/ Sit ups</p> 	

Explaining the accupresure points:

Warm up no. 6 & 11:

San Yin Jiao (SP6) – Spleen 6th meridian point



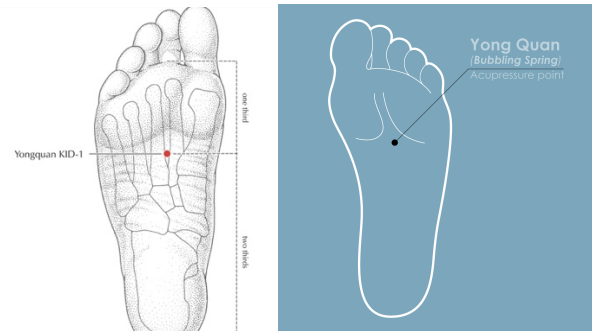
Point is located four finger space above the ankle in the depression under the bone (tibia).



San Yin Jiao (SP6) is commonly used for urological, pelvic disorders, insomnia, and menstrual cramps. San Yin Jiao (SP6) should not be used in pregnancy because this point may induce labor.

Warm up no. 5 & 10:

Yong Quan (KD1) - Kidney 1st meridian point



This point is located on the sole (or bottom) of the foot. Helps people to get out of their head. It is often used because it is considered a 'grounding' point and can help pull energy downward. It works well for those people who suffer from insomnia, especially due to incessant thinking. This point also helps to calm the spirit and is often used to calm anger and irritability.