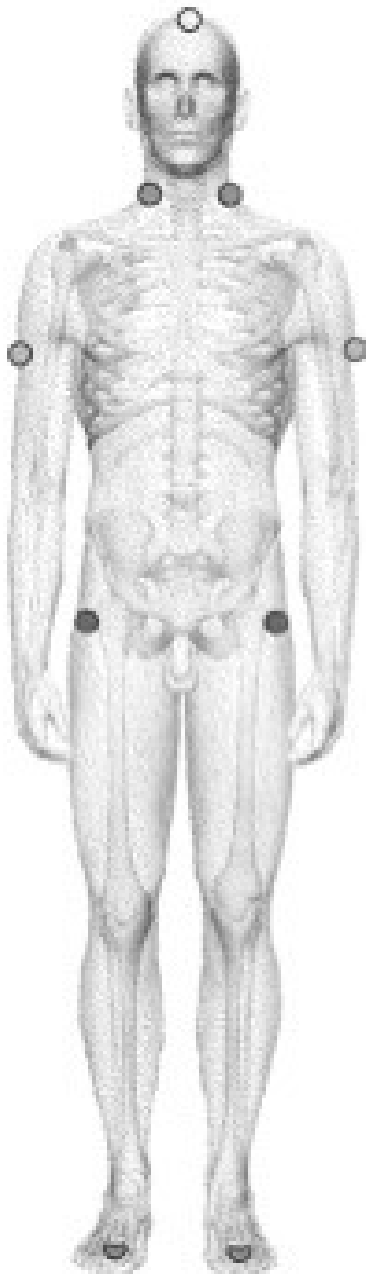




ENERGY BALANCE

Use this at the start of the day, when you feel tired, when you are having trouble concentrating, before homework or before a meditation to help balance and stabilise your energy.



- Hold each of these points using two fingers or a thumb.

- Start at the top of the head and work your way down the body.

Staying with each of the points (or two bi-lateral points) for one minute if you can.

- If time is short just hold them for as long as time allows.

- Please note that the points on the feet are on the bottom of the feet - if these are too difficult just finish with the points on the hips.