

A SERIES FOR THE MERIDIANS

VITAL RECHARGE

WITH BRITTANY LYNNE



28 DAYS OF

YIN YOGA
ACUPRESSURE & REFLEXOLOGY
MASSAGE

GUIDED MEDITATION
INSPIRATION
JOURNALING

IT'S TIME TO RECHARGE

WELCOME!

I can't wait to start this special journey with you



What is this series all about?

VITAL RECHARGE is a 28-day Yin Yoga and Meditation series of daily practices created around the Qi energy meridians rooted in Traditional Chinese Medicine philosophy. Together, we will explore the TCM elements (Earth, Metal, Water, Wood & Fire) that coincide with the six main meridian pairs and the energies associated with them (along with two other vital meridians) for a whole-body recharge. The daily practices rotate between Yin and Meditation classes plus there's a special acupressure self-massage class to tie together the beautiful Qi-flowing practices to help you relax, release and recharge your mind, body, energy and spirit. I poured my heart and soul into this series so that you can get the recharge that you definitely deserve. Let's get started :)

With light,
Brittany

The Philosophy Woven into Our Practices

TRADITIONAL CHINESE MEDICINE & THE MERIDIANS

VITAL RECHARGE is a series focusing on Yin energies - the more calming practices to help us find deep replenishment in our busy lives. Yin Yoga or Meditation may be newer practices to you - welcome! Or maybe you have been practicing Meditation and/or Yin Yoga for years - welcome back! When it comes to Yin Yoga, many of us practice without truly knowing the roots of the practice itself . . . and my hope is that through this series, you will become familiar with some of the most important aspects of Yin Yoga and the philosophies behind it because this practice focuses not only on the physical anatomy of our connective tissues but specifically the energetic anatomy of the meridians.

Yin Yoga's roots stemmed not only from the Hatha yoga tradition of India but also from the Chinese and Taoist philosophies. While the concepts of expanding and controlling energy are in both Indian practices as well as Taoist Chinese practices, the maps of the energy pathways (meridians) are quite different from one another.

Rooted in Traditional Chinese Medicine philosophy, the meridians are lines of energy that transport Qi (life force), blood and nutrients as well as remove toxins to support homeostasis within our physical body and subtle layers of our being.

In Traditional Chinese Medicine, Qi (pronounced "chee"), like prana (which we are familiar with in our vinyasa practices), is our subtle energy, the essence of our life force - Qi is present in our bodies like prana but Qi is a bit broader of a concept as it is said to also be the force that moves and is present throughout the entire natural universe - found in both animate and inanimate things. Qi is both life force (prana or spirit) as well as the potential of something to come into being. In his book "The Complete Guide to Yin Yoga", Bernie Clark describes Qi as "not quite energy or matter; rather, it can be considered energy on the verge of becoming matter, or matter on the verge of becoming energy. . . [Qi] doesn't cause things to happen, as [Qi] is always present before, during, and after any change or event." Are you still with me? :)

What does this have to do with the meridians, you might wonder? The meridians are lines of energy that transport Qi, blood and nutrients as well as remove toxins to support homeostasis within our physical body and subtle layers of our being.



Through our practices together, we will explore the TCM meridian pairs (each having a Yin Organ and a Yang Organ) to help open up our channels for energy to flow freely and healthfully throughout our being. The passages through which Qi flows (the meridians) are similar to the nadis of yogic philosophy (which we explored in our AWAKENING THE CHAKRAS series).

Each meridian coincides with a different Organ. And in Taoist philosophy, the Organs (capital "O") aren't just the physical organs themselves but they are functions that work with the entire system - every single cell of our bodies requires the functions of each TCM Organ and what the Organs govern in order to maintain optimal health. The Organs are also said to house our emotions. A Yin Yoga practice can be a powerful way to get in touch with ourselves on a deeper and more subtle level so that we can move what is stagnant and calm what is overly abundant not only within our physical bodies but on an emotional level as well.

Qi supports the function of the Organs and keeps our bodies and minds functioning in tip-top shape. The Qi flows through these Organ Meridians as well as other meridians, or channels, that move through the connective tissues (fascia) within our bodies. So even though we will be focusing on the fourteen main TCM Meridian lines, just know that there are said to be countless connections and communications happening between the trillions of cells in our bodies through an incredible amount of meridians. Pretty cool, huh?

Qi is absolutely essential for our overall health and well-being and it is said that when we can build and harness this Qi, it can aid in a fuller and more healthful life. Stimulating the main TCM meridian lines and acupressure points (unique to Taoist philosophy and practices) through compression, activation or twisting as well as stretching, elongating and releasing help to balance those energetic lines, whether those energy lines are overabundant or deficient. I designed the practices of this series to focus on specific meridian pairs in each class and we'll also have a chance to do a complete meridian practice as well as share a special acupressure self-massage practice together. Many teachers sequence their Yin Yoga practices around the TCM meridian pairs without you even knowing it! And through deepening your connection with these meridians, my hope is that you will start to become more familiar with yourself and your energies on a deeper and more subtle level so that you can be more in touch with the personal "medicine" that your body, emotions and mind need as you move through your life.

Refilling our Cups

I have personally witnessed so many loved ones (myself included!) experience a massive amount of energetic burnout recently due to our "get shit done" culture and this mentality that we are meant to always be "on." However, true balance is key to maintaining our health and ability to move through life with an abundance of energy and vitality. We need time to rest - and not just when we are asleep. I'm constantly reminded in life that we "can't pour from an empty cup." So in response to a global need to truly nourish ourselves with time for inviting balance into our lives, I hope this series can help us all fill our cups back up :)

The practices rotate between Yin and Meditation classes so every day is a little bit different. I designed the series in this way because I understand that some of us may want to simply focus on a month of recharge, however many of us may still want to practice a yang style of movement throughout the month as well. If that's the case for you, feel free to put your power vinyasa practices or HIIT workouts in on the days when we practice Meditation. And then every other day, you will receive a deliciously recharging Yin Yoga practice to balance out the hard work you're putting in through your strength-building movements on meditation days. This series also includes a special acupressure self-massage class to tie together the beautiful Qi-flowing practices to help you relax, release and recharge your mind, body, energy and spirit at the end of each week.



Just like in my AWAKENING THE CHAKRAS series, this companion workbook contains more info about the meridian lines, the TCM elements as well as journaling prompts to help you dive deeper into your recharging journey with me. You can also choose to take the series at your own pace and enjoy the practices whenever you need them.

Conscious rest for the mind and body is imperative for all of the systems in our body to maintain health and vibrancy.



Some teachers of Yin say not to use props . . . but I HIGHLY recommend you use props for these practices so that you can invite your body to be held and supported in your poses so that your body can open up gently and when it's ready. You'll need blocks, a bolster or pillow and a blanket. And a strap for our Joyful practice.

It's also often said in Yin Yoga to find your edge . . . but in these practices with me, I'm going to encourage you to back away from the extreme of your edge. Let's allow the practices to be different from the way we live in our day-to-day lives of pushing ourselves more and more and let this time on our mats be nourishing and revitalizing. If you do find your edge, I'm going to ask that you to pull back from it . . . 10, 20, even 50% . . . trust that your body will open up when it's ready - there's no need to push.

Our individual bodies are so unique - not every posture or variation is for everyone (myself included!) I'll offer options so feel free to take different variations that I share . . . or you can also modify the postures in your own way - be kind to yourself in each of these practices.

Alright! Without further ado . . .

**LET'S
BEGIN :)**

± | EARTH

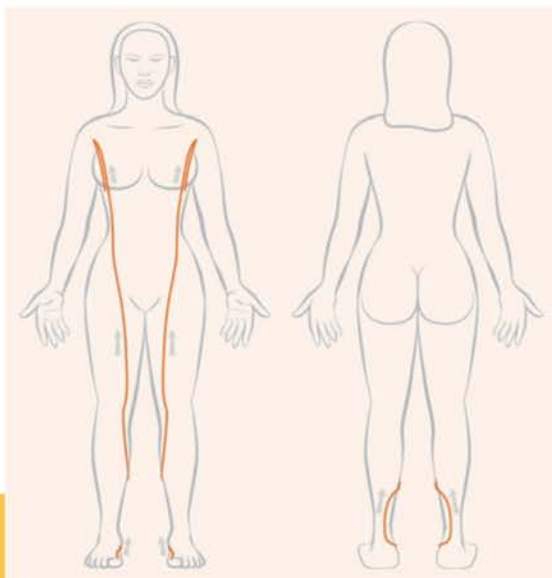
DAYS 1, 2, 15 & 16



SPLEEN / STOMACH

-CHARACTERISTICS OF THIS MERIDIAN PAIR-

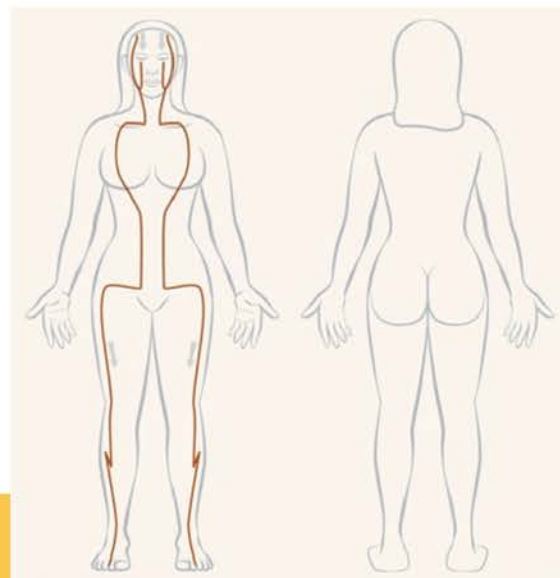
- Nurturing, grounding, supportive, nourishing, caring, provider, creativity
- Season: Late Summer, harvest season, seasons changing
- Emotions: Worry, rumination, contentment, "enoughness"
- Areas to focus on in an asana practice: inner legs, front of thighs, belly, chest, throat, twists, breathwork focusing on the belly
- Functions: Related to digestion (food & information) & immunity



Spleen Meridian

YIN

Rules transformation, transportation & distribution of nourishment. Works closely with digestive system - takes nutrients from our food & transforms it into what will become Qi. Governs blood. Rules the muscles. Part of the immune system (where white blood cells fight invading organisms.) Stores blood & recycles red blood cells.



Stomach Meridian

YANG

Primary organ of digestion. Separates the usable and unusable aspects of food - sends nutritive pieces to Spleen and waste to Intestines. Stores food & water. Descending movement.



YIN YOGA PRACTICE

GROUNDING

Who couldn't use a little extra grounding? This Yin Yoga practice centered around the Spleen and Stomach meridian pair is rooted in postures that focus on the front body as well as the inner thighs, front of thighs and psoas. This is a deeply grounding, supported and nourishing practice for the Earth element.

Props: 2 blocks, 1 bolster, 1 blanket



MEDITATION

NOURISHMENT

This nurturing and supportive meditation is for the Spleen and Stomach meridian pair and the Earth element, which is considered to be the "mother" of everything within our being.



JOURNAL TIME!

REFLECTIONS FOR THE EARTH ELEMENT

1. What would help me to feel more grounded & stable today?
2. Do I feel like I have a balance of giving & receiving in my life? Where can I invite more of a balance if need be?
3. What are some simple practices I can do to nourish & care for myself more fully?

YOU ARE GROUNDED, YOU ARE NOURISHED, YOU ARE SUPPORTED

金 | METAL

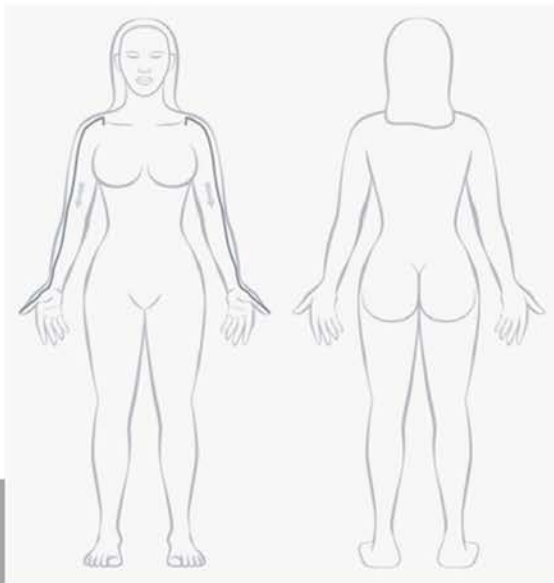
DAYS 3, 4, 17 & 18



LUNG / LARGE INTESTINE

-CHARACTERISTICS OF THIS MERIDIAN PAIR-

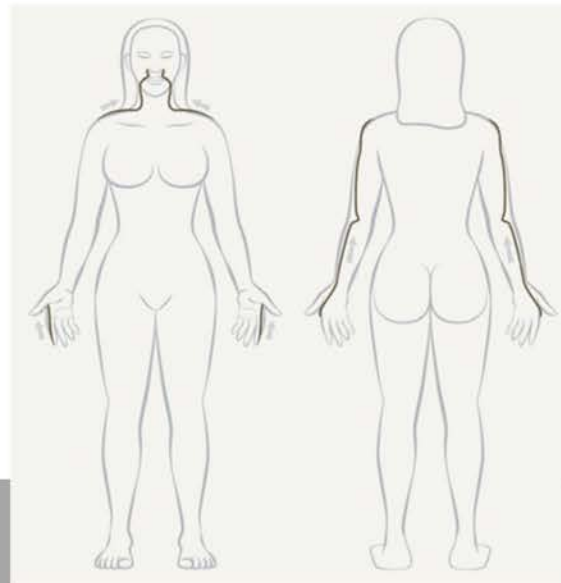
- Brilliant, inspiring, reverence for beauty, shining
- Season: Autumn, changing seasons, wind/air
- Emotions: Grief, sadness, letting go, courage
- Areas to focus on in asana practice: inner arm from thumb to chest, side of neck, deltoids, forearm, chest openers, props to assist in letting go
- Functions: Governs the relationship between the internal and the external



Lung Meridian

YIN

Governs Qi & respiration. With each breath, we must take in and we must let go. Circulates and descends fluid throughout the body - sends impure fluids to the kidneys. Rules the exterior of the body (skin, sweat glands, body hair).



Large Intestine Meridian

YANG

Absorption of water in the final stages of digestion and elimination of solid waste. Affected by our diet and hydration. Related to letting go.



YIN YOGA PRACTICE

BRILLIANCE

Let your inner light shine! Our Yin Yoga practice for the Lung and Large Intestine meridian pair will center around the characteristics of courage, inspiration and a reverence for beauty. We will be working with the Metal element in this practice and give extra attention to our inner arms, forearms, the deltoids and the side of the neck.

Props: 2 blocks, 1 bolster, 1 blanket



MEDITATION

BREATH

This is a practice for the Traditional Chinese Medicine element of Metal and the Lung and Large Intestine meridian duo which helps us to take in...and let go.



JOURNAL TIME!

REFLECTIONS FOR THE METAL ELEMENT

1. What do I need to let go of? Am I willing and able to let go when necessary?
2. Do I let myself feel sadness and allow myself to grieve?
3. What truly inspires me? How can I inspire myself and others to shine?

YOU ARE COURAGEOUS, YOU ARE BRILLIANT, YOU ARE INSPIRING

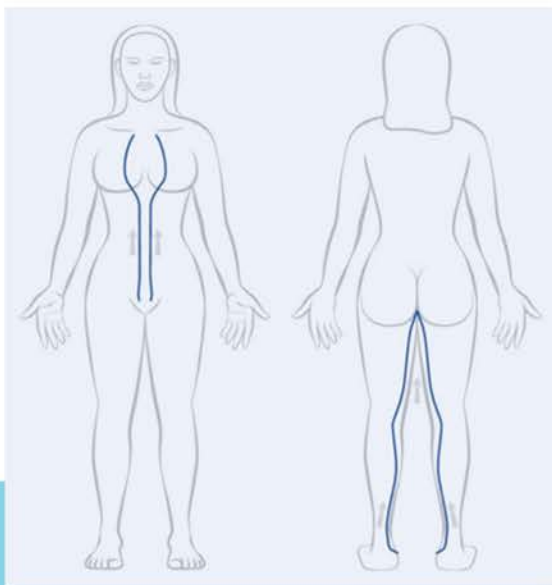
水 | WATER

DAYS 5, 6, 19 & 20

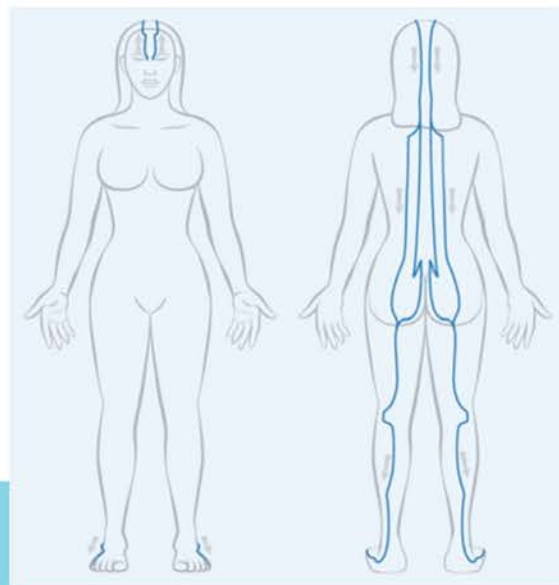
KIDNEY / BLADDER

-CHARACTERISTICS OF THIS MERIDIAN PAIR-

- Introspection, letting things "flow, endurance, sensible
- Season: Winter
- Emotions: Fear, quiet until overwhelmed, wisdom, reflective
- Areas to focus on in asana practice: inner leg, low back, mid back (alongside the spine), backs of legs, forward folds, open hips
- Functions: Processes liquid waste, ability to let go, adapt to change & allow life to flow.



Kidney Meridian



Bladder Meridian

Considered the most fundamental meridian pair to Yin Yoga

YIN

YANG

Stores our "essence" (Jing) and rules birth, development & maturation. Regulates water volume, processes and balances our fluids & rules the bones. Stores our will. Root of yin & yang.

Longest energy line in the body (and the only meridian to travel to the brain). Storing & discharging. Elimination of turbid fluids.



YIN YOGA PRACTICE

INTROSPECTION

It's time to turn inward. In this Yin Yoga practice, we will focus on the Kidney and Bladder meridian duo which helps us open up to introspection, reflection and letting things "flow." This practice centers around the Water element within our being and focuses on the inner and back side of the legs, low back as well as moving energy alongside our spine.

Props: 2 blocks, 1 bolster, 1 blanket

水 MEDITATION

LISTEN

This is a reflective and introspective meditation connected to the Kidney and Bladder meridian pair and the Water element, which is a source of vitality and longevity and said to be the "root of all life."



JOURNAL TIME!

REFLECTIONS FOR THE WATER ELEMENT

1. Do I wisely use my mind & body's energy without depleting myself? Or do I push myself to empty?
2. How can I allow my fears to teach me and help me become wiser?
3. How can I invite more simplicity into my life? How can I add more rest into my day?

YOU ARE INTROSPECTIVE, YOU ARE REFLECTIVE, YOU ARE WISE

木 | WOOD

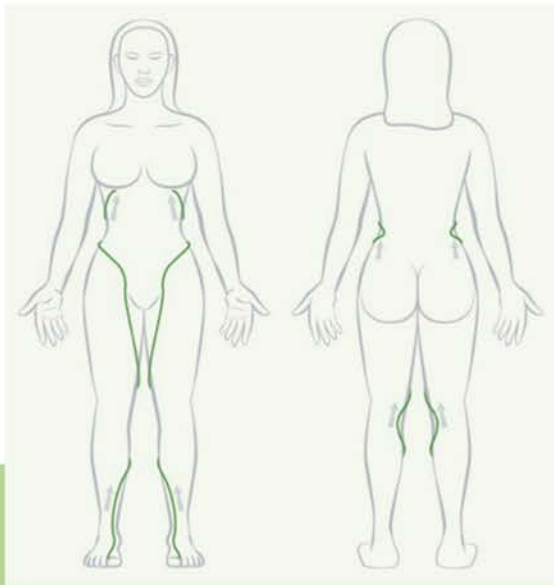
DAYS 8, 9, 22 & 23



LIVER / GALL BLADDER

-CHARACTERISTICS OF THIS MERIDIAN PAIR-

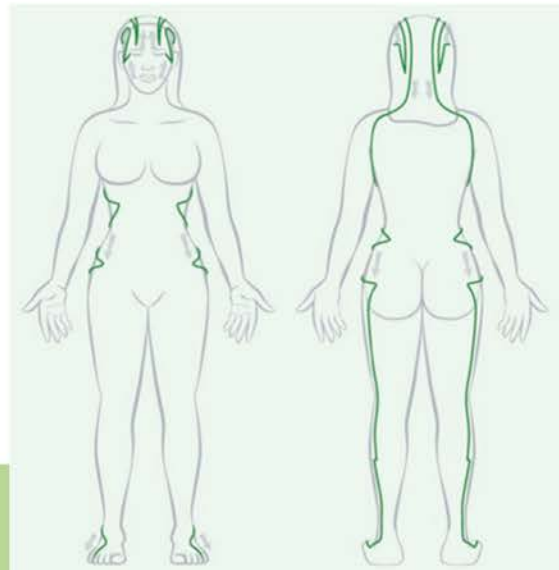
- Kindness, Clarity, Purpose, Commitment
- Season: Spring
- Emotions: Anger, timidity, enthusiasm, confidence
- Areas to focus on in asana practice: inner leg / inner thighs, hips, side body, side ribs, side bends & twists
- Functions: Liver Qi balance helps to determine if our inner environment is toxic or wholesome. Important to our overall physical & emotional health. Affected greatly by what we take in.



Liver Meridian

YIN

"Chemical processing plant" of the body - breaks down unusable substances. Stores the blood (which softens the Qi so Qi's strength isn't too tense or restless). Regulates smooth flow of Qi. Rules tendons & ligaments. The liver is the only organ that can regenerate itself.



Gall Bladder Meridian

YANG

Rules courage & decisiveness. Reservoir for bile (produced by the liver). Works with the liver to promote detoxification and assist the endocrine & digestive systems.



YIN YOGA PRACTICE

CONFIDENCE

Let's inspire a little enthusiasm! We will tap into clarity, purpose and kindness through this Yin Yoga practice for the Liver and Gallbladder meridians. The focus is on the Wood element and we will direct our attention through postures for the inner leg, the hips, the side body and side ribs.

Props: 2 blocks, 1 bolster, 1 blanket



MEDITATION

VISION

This meditation is for clarity in our day and connects us with the Traditional Chinese Medicine element of Wood and the Liver and Gallbladder meridians.



JOURNAL TIME!

REFLECTIONS FOR THE WOOD ELEMENT

1. What is one thing I would like to accomplish today? Within the next week? The next month? The next year? - It can be as small as going for a short walk or just smiling more :)
2. Am I adaptable and willing to move on from the past?
3. What daily habit would I like to implement into my life? (ie: practicing daily gratitude)

YOU HAVE CLARITY, YOU HAVE PURPOSE, YOU ARE CONFIDENT

火 | FIRE

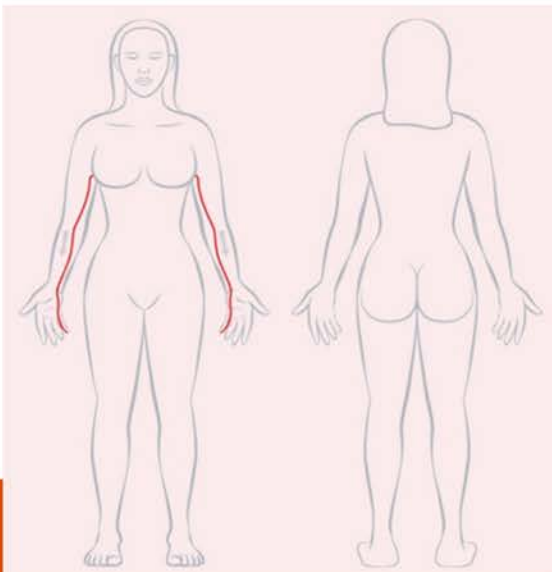
DAYS 10, 11, 24 & 25



HEART / SMALL INTESTINE

-CHARACTERISTICS OF THIS MERIDIAN PAIR-

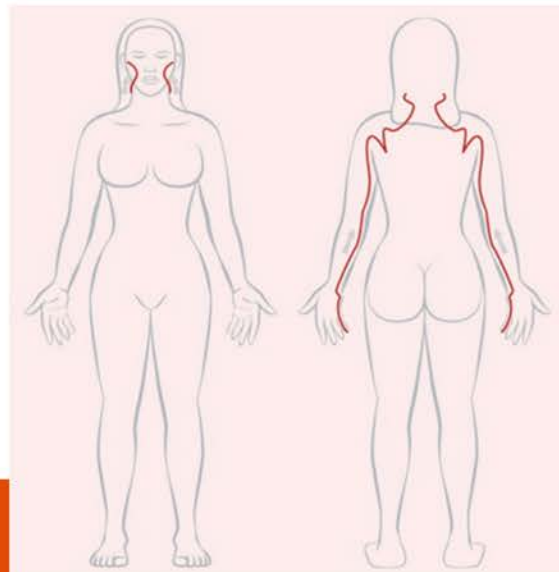
- Passion, devotion, communication, intuition, connection
- Season: Summer
- Emotions: Anxiety, Overstimulation, Joy, Love
- Areas to focus on in asana practice: inner arm from little finger to chest, upper back, shoulders, triceps, heart openers, wrist work, awareness around the heart
- Functions: Intimately involved in giving & receiving (physically & emotionally)



Heart Meridian

YIN

Stores our Shen (spirit/mind). Gives us our inner vitality. Anchors the mind. Rules the blood & blood vessels. The heart governs every other organ and when the heart is in balance, the other organs are able to function well.



Small Intestine Meridian

YANG

All of our usable nutrients must be processed through the small intestine. Intermediary between the stomach & large intestine. Separates pure & turbid foods.

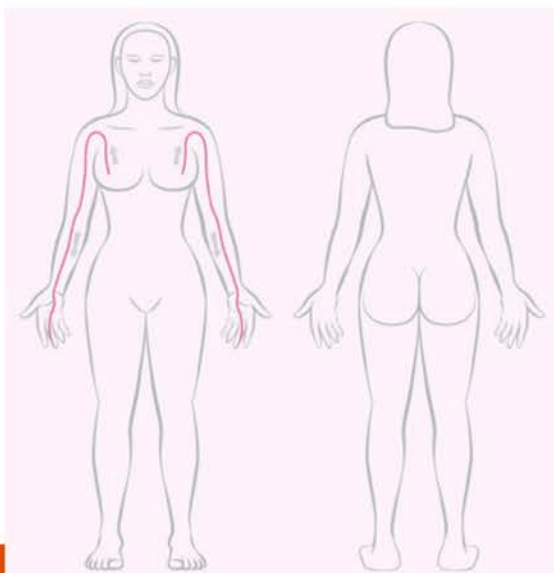
OTHER FIRE MERIDIANS



PERICARDIUM / TRIPLE BURNER

-CHARACTERISTICS OF THIS MERIDIAN PAIR-

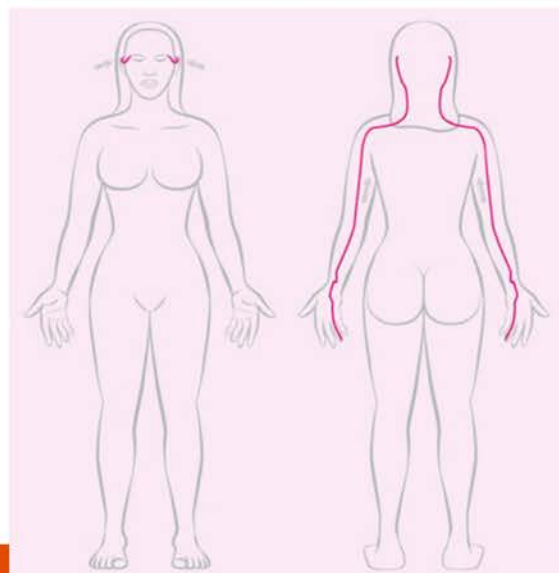
- Similar characteristics as the Heart / Small Intestine meridian pair
- Areas to focus on in asana practice: Front of chest, inner arm, palm of hand, middle fingers, ring fingers, backs of arms, backs of shoulders / sides of upper back, behind ears, temples



Pericardium Meridian

YIN

Protective shield for the heart. First line of defense for the physical & emotional heart. In TCM, the pericardium is considered to be an organ in and of itself, surrounding the heart.



Triple Warmer Meridian

YANG

Also known as: Triple Burner / Triple Warmer / Triple Heater / Triple Energizer / San Jiao meridian. More of a pathway rather than an organ - makes the system complete. Oversees water movement & functions of the other organs.



YIN YOGA PRACTICE

JOYFUL

In this practice, there is room for all emotions to be and be seen. In our Yin Yoga practice for the Heart, Small Intestine, Pericardium and Triple Burner meridians, we will work with the Fire element and play with postures that invite in passion, love and connection. This class will center around the inner arms, triceps, shoulders and upper back.

Props: 2 blocks, 1 bolster, 1 blanket, 1 strap

火 MEDITATION

WARMTH

This meditation is for the Heart, Small Intestine, Pericardium and Triple Burner meridians and the Fire element to help us build a deeper connection with joy and passion. The heart is said to be the seat of the mind and spirit and it stores our inner vitality and enthusiasm so today, we will focus our energies on the heart.



JOURNAL TIME!

REFLECTIONS FOR THE FIRE ELEMENT

1. How can I invite more enthusiasm, warmth and love into my daily life?
2. Do I act from my heart and my mind in a balanced way?
3. What am I truly passionate about in my life? How can I live passionately on a daily basis?

YOU ARE PROTECTED, YOU ARE PASSIONATE, YOU ARE JOYFUL

DAYS 12, 13, 26 & 27

WHOLE BODY

ALL MERIDIAN PAIRS

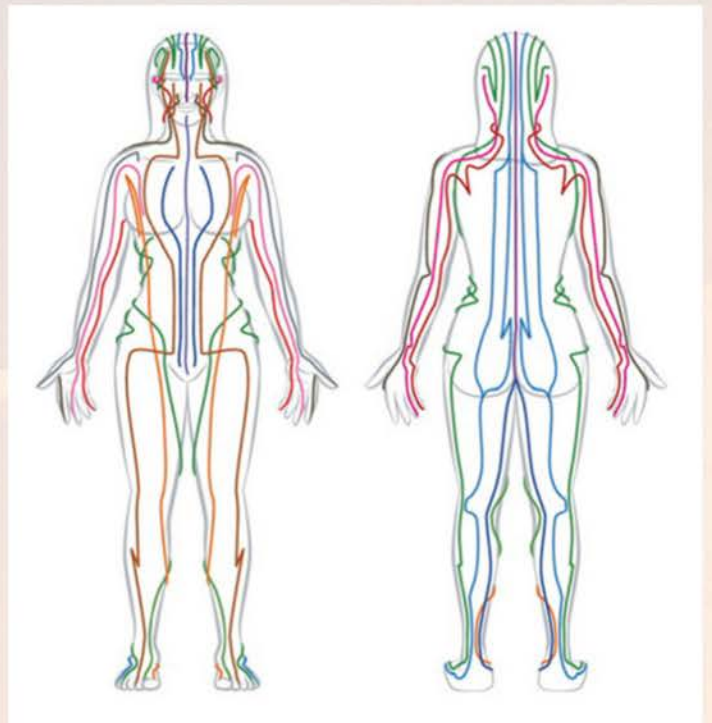


*"WHAT I AM LOOKING FOR IS NOT OUT THERE,
IT IS IN ME."
-HELEN KELLER*

WEAVING IT ALL TOGETHER

We often think that taking care of ourselves is in some way "selfish". But the truth is, taking care of our whole selves is absolutely necessary in order to show up fully in our lives. It's vital.

It's also helpful to note that each individual part that makes up our whole works together in one beautiful harmonic ecosystem of the full body. It's important to tend to the "parts"... and equally important to tend to and nourish the "whole."





YIN YOGA PRACTICE

WHOLENESS

We must remember that all of our systems work together to create one beautiful Whole. This Yin Yoga practice focuses on postures that invite a recharge to our entire being through stimulating all of the major meridian lines. From our feet to our heads, let's give our bodies this rejuvenating time to reset the entire system.

Props: 2 blocks, 1 bolster, 1 blanket



MEDITATION

ENERGY FLOW

This is a meditation to invite a healthy flow of vital energy through the Yin organs of Traditional Chinese Medicine and throughout all the layers of your being.



JOURNAL TIME!

REFLECTIONS FOR THE WHOLE BODY

1. What has my whole body been asking of me lately?
2. How can the parts of me that feel balanced nurture the parts of me that need a little extra love?
3. What can I do every day to appreciate the "home" of my body more?

YOU ARE WHOLE, YOU ARE BEAUTIFUL, YOUR BODY IS INCREDIBLE

ACUPRESSURE & SELF-MASSAGE

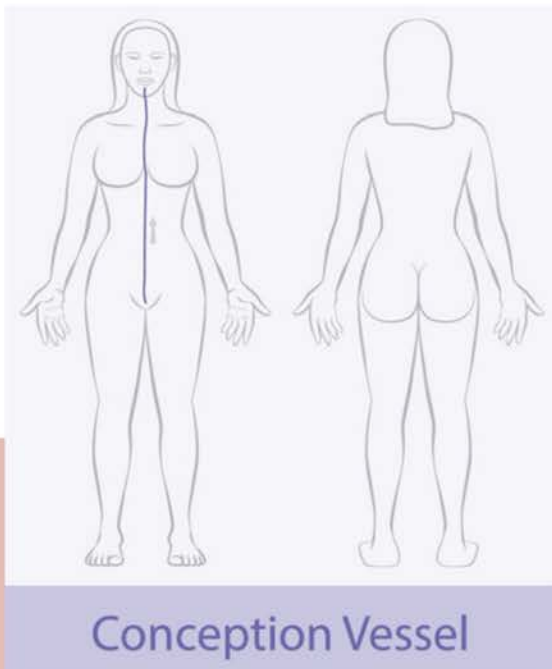
DAYS 7, 14, 21 & 28



ALL MERIDIAN PAIRS + DU MAI / REN MAI

-CHARACTERISTICS OF THIS MERIDIAN PAIR-

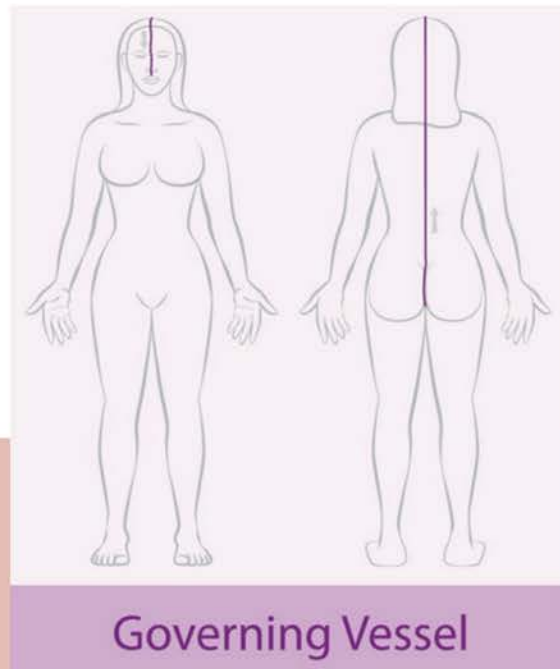
- Areas to focus on in asana practice: the central channels of the front and back of the torso, lower belly, spinal column, midline of the body through neck & chin, face, the chakras, breathwork



Conception Vessel

YIN

Ren / Conception Vessel: "Sea of Yin" - receives & transports the yin energy and Qi of all the yin meridians.



Governing Vessel

YANG

Du / Governing Vessel: "Sea of Yang" - stores, nourishes, regulates & moves yang energy and influences all yang meridians.



SELF-MASSAGE PRACTICE

SELF-LOVE

It is said that "we can't pour from an empty cup." This is a unique acupressure and self-massage practice inviting in love for all of the major meridian pairs so that we may invite a healthy flow of Qi throughout our entire being. More details about each of the acupressure, reflexology and auriculotherapy points on the following pages.

Prop: Maybe something comfy to sit on



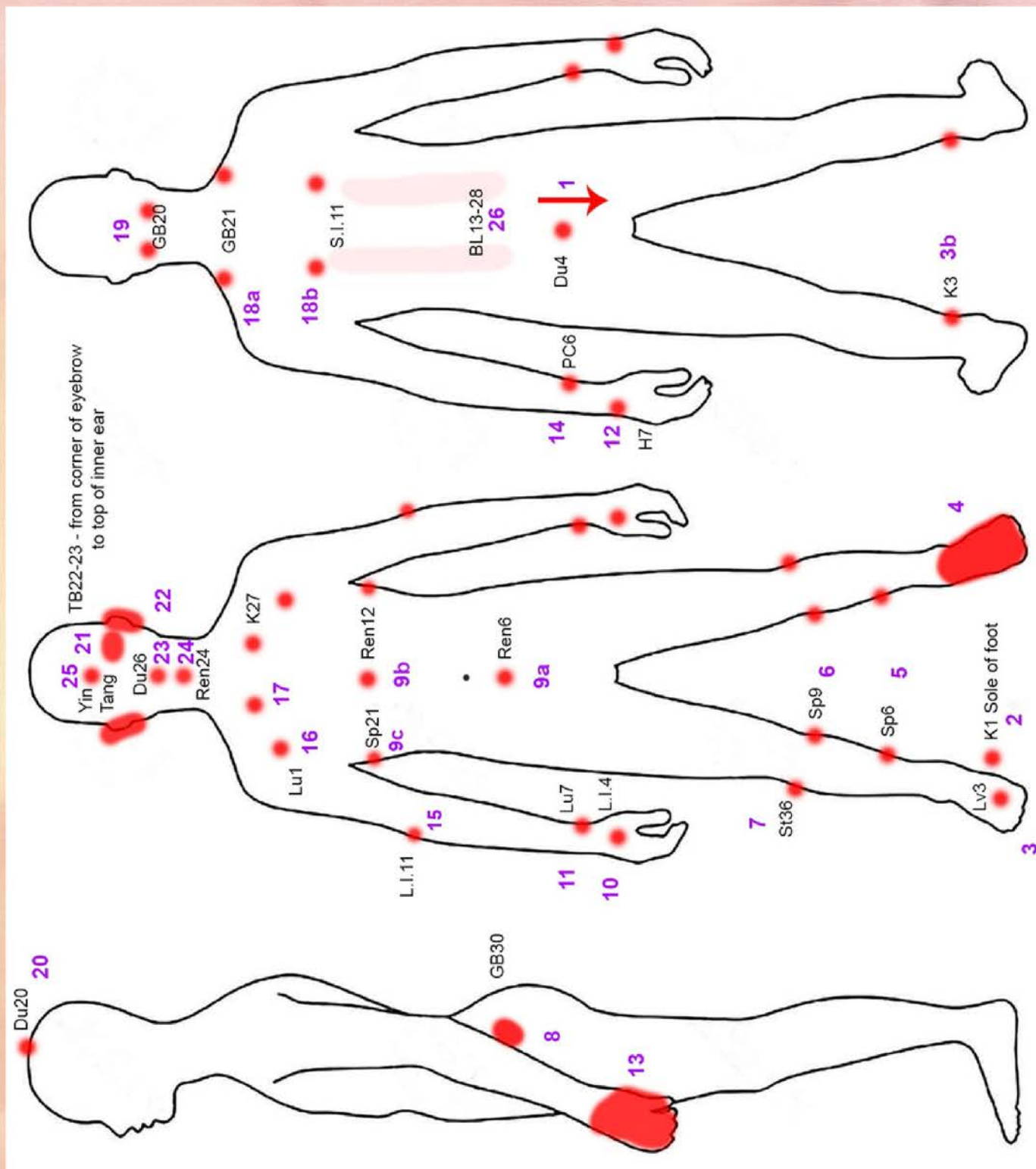
JOURNAL TIME!

REFLECTIONS FOR SELF-LOVE

1. What does "self-love" mean to me?
2. How can loving myself ripple out into the world around me?
3. What is one simple act of self-love I can do for myself today?

YOU ARE LOVED - JUST FOR BEING YOU - JUST THE WAY YOU ARE

SELF-MASSAGE ACUPRESSURE PRACTICE MAP



SELF-MASSAGE ACUPRESSURE PRACTICE MAP

KEY

Possible energetic benefits of the following acupressure points:

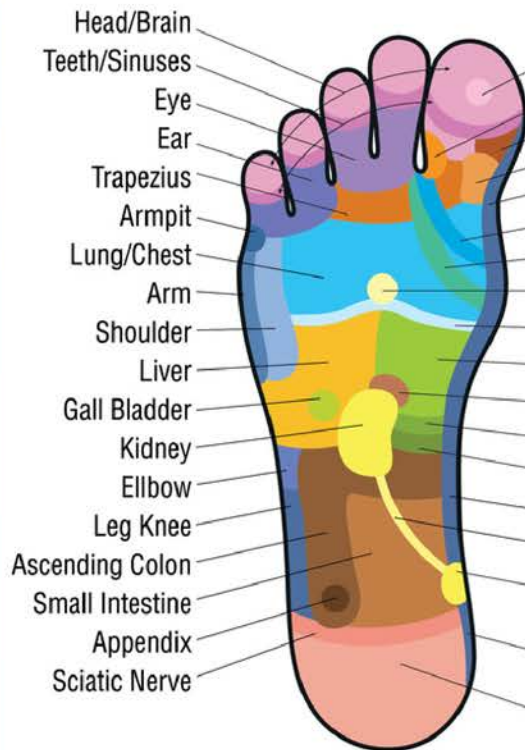
- 1 - Du 4: "House of Yang energy" & "The Gate of Life" - simply lengthening the tailbone, creating more openness and bringing awareness there helps to bring balance and regulation to our entire system
- 2 - Kidney 1: "Yin Tonic." Anchors the heart & mind, descends Qi (helps with headaches, restless mind, worry & insomnia), good for plantar fasciitis
- 3 - Liver 3: Moves stagnation, nourishing, tonifies yin, eyes, menstrual issues & pain, helps with irritability, digestion, insomnia, anxiety & stress
- 3b - Kidney 3: Tonifies kidney Qi, yin & yang
- 4 - Foot massage: See foot reflexology chart
- 5 - Spleen 6: ****NOT DURING PREGNANCY**** Calms the mind, nourishes yin & blood - especially for the kidney / spleen / liver (these three leg meridians intersect around Spleen 6), great for digestion, menstrual disorders, anxiety, insomnia, depression & dizziness
- 6 - Spleen 9: Helps with fatigue, poor concentration, slow metabolism, candida, bloating & water retention
- 7 - Stomach 36: This is the most commonly used point in acupressure massage. Supports spleen/stomach Meridian & Organ balance, Qi & blood tonic, boosts immune system, aids in digestion, fatigue, depression, insomnia, PMS, stress. Good for longevity. Nourishing point
- 8 - Gall Bladder 30: Moves Qi & blood of the whole body
- 9a - Ren 6: "Sea of Qi" - Great for women's health, male fertility, fatigue, digestion & loose stools. Qi booster - moves, tonifies, lifts & regulates Qi
- 9b - Ren 12: Helps stomach issues and stress felt in the stomach
- 9c - Spleen 21: Said to influence and calm whole body pain (fibromyalgia as well as pain in different areas of the body). This is also a space that is used in EFT tapping
- 10 - Large Intestine 4: ****NOT DURING PREGNANCY**** Moves Qi to calm & regulate a restless mind, immune system, anxiety, headaches, toothache, pain. Said to promote labor. Calming
- 11 - Lung 7: Helps to alleviate symptoms during colds & flus
- 12 - Heart 7: Calms the mind, nourishes heart blood & yin, helps with insomnia, anxiety, agitation, mental restlessness & poor memory
- 13 - Hand massage: See hand reflexology chart
- 14 - Pericardium 6: Moves heart Qi, regulates the heart, calms Shen (spirit/mind), helps to aid with insomnia, poor memory, depression & anxiety
- 15 - Large Intestine 11: Cools heat

- 16 - Lung 1: Aids us in self-worth, self-esteem & immune system boost
- 17 - Kidney 27: "Emotional reset" - helps to balance right & left brain hemispheres, nourishes kidney marrow & the brain. Aids in adrenal exhaustion, neck & jaw pain. Balances the emotions and brain. This is also a space that is used in EFT tapping
- 18a - Gall Bladder 21: ****NOT DURING PREGNANCY**** Helps to ease headaches, tension, stress, descends Qi, may help to balance hypertension
- 18b - Small Intestine 11: Moves Qi & blood in whole body
- 19 - Gall Bladder 20: Descends Qi & has a calming affect. Helps with neck pain, headaches, face pain, eye issues & shoulder pain
- 20 - Du 20: Energy converges on the top of the head. Regulates upward & downward flow of energy. Helps to lift mood, aids with mental focus, memory, helps to alleviate headache, dizziness & low energy. Regulates all other meridians. This is also a space that is used in EFT tapping
- 21 - Triple Burner 22-23: Helps to alleviate pain, tinnitus & headache. Can help with vision troubles & toothache. Massaging the sides of the face and temples also has a calming effect on the nervous system. This is also a space that is used in EFT tapping
- 22 - Auriculotherapy / ear massage: Helps with sympathetic nervous system regulation. See ear reflexology chart
- 23 - Du 26: Helps to relieve pain, nourishes yin, clears excess heat. This is also a space that is used in EFT tapping
- 24 - Ren 24: Helps to calm Shen (spirit/mind). This is also a space that is used in EFT tapping
- 25 - Yin Tang: Another "Emotional reset" point. Helps relieve stress, sinus pressure, insomnia, anxiety and headaches. Calms the heart Shen (spirit/mind)
- 26 - Bladder 13-54: Massaging the back along both sides of the spine helps to alleviate back pain, heartache, constipation, irregular menstruation, cough & shoulder and neck pain

**Please know that the statements above are not intended to diagnose or treat any ailments, disorders, conditions or diseases. See your Traditional Chinese Medicine, naturopathic or allopathic doctors, chiropractor or other licensed and practicing doctors to treat any conditions you may have. This self-massage and acupressure practice is intended to aid in your body and mind's overall balance and harmony but is not intended to "cure" or "fix" physical, emotional or mental ailments, disorders, conditions or diseases. Thank you for your awareness & understanding :)*

Foot Reflexology Chart

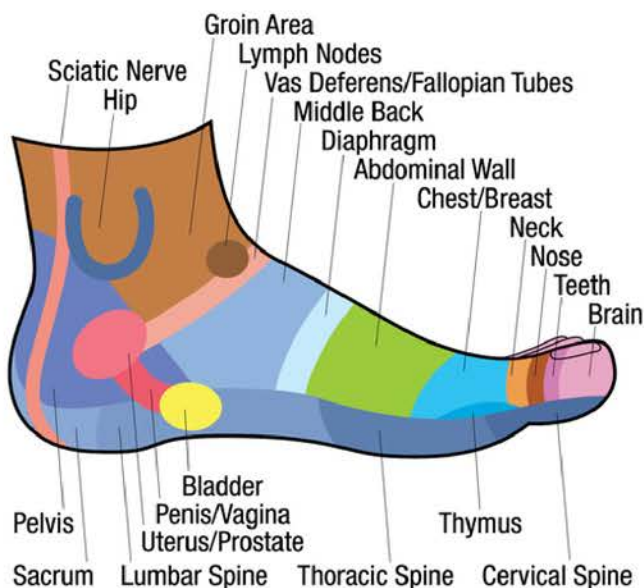
right sole



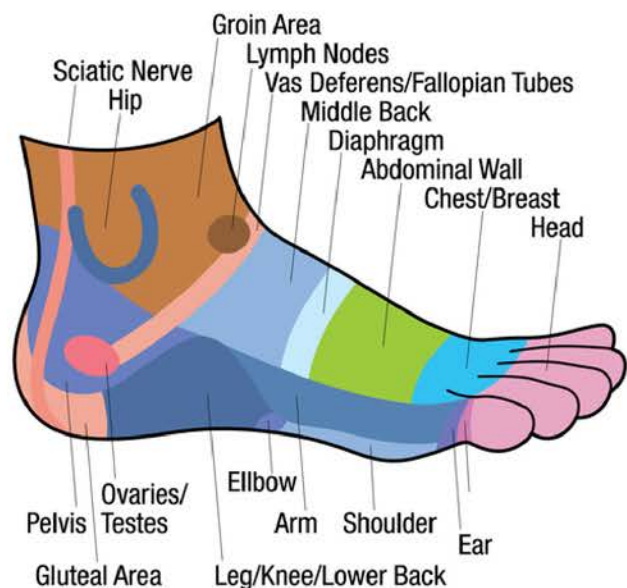
left sole



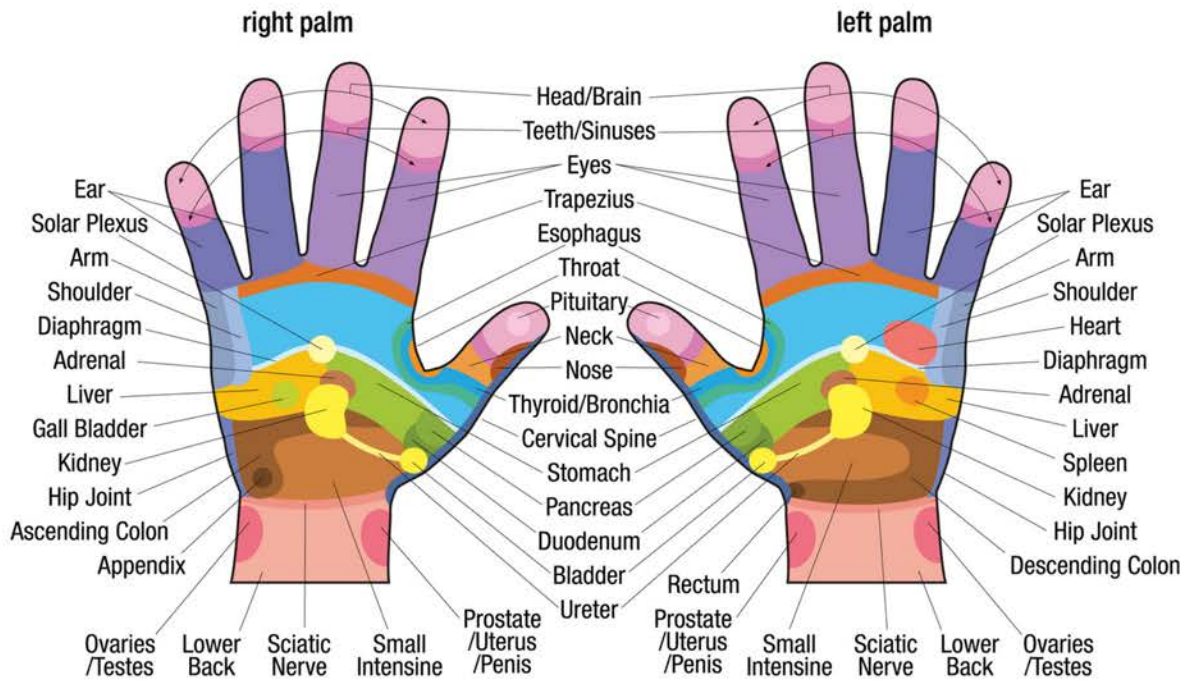
medial side of both feet



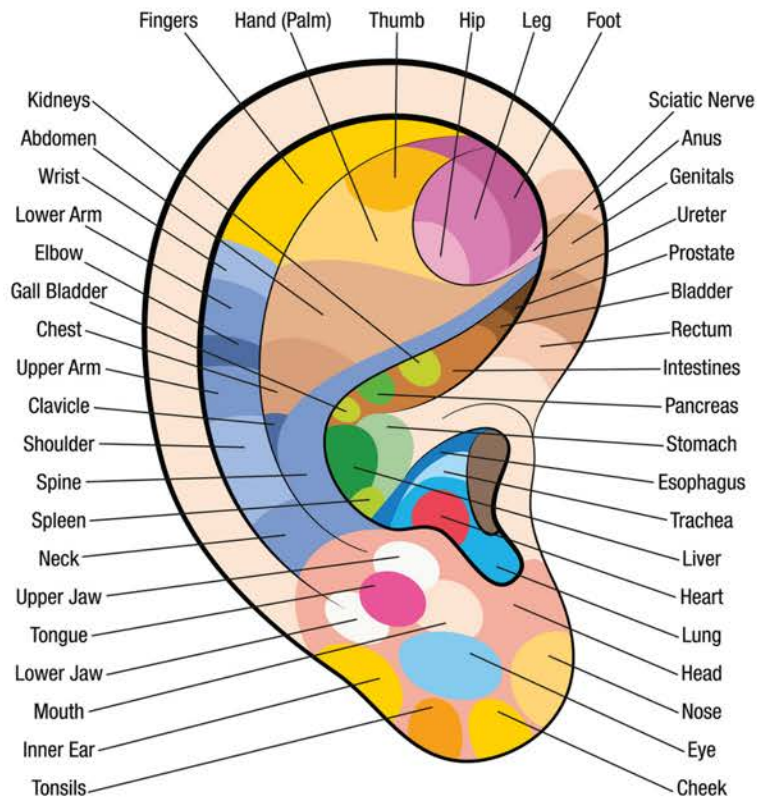
lateral side of both feet



Hand Reflexology Chart



Ear Reflexology Chart





YOU MADE IT!

Congratulations, my friend!

Final Reflections . . .

FOR YOUR BODY, MIND & SPIRIT

After 28 days of focusing on the meridians through physical postures, energetic balancing and awareness-building in Yin Yoga & Meditation practices . . .

- How do I feel in my body?
- Has my awareness shifted in my mind or around my emotions?
- What was my key takeaway(s) from this month of recharging?
- How can I bring the awareness of the meridians into other Yin Yoga practices and /or my daily life?
- Which meridian pair do I believe needs a little more attention in my body / mind / emotions?
- What did I learn about myself through this series?
- What vow can I make to myself to add more recharge into my life?
- How can I become even more aware of my internal landscape / energies so that I can better take care of myself on a daily basis?

THANK YOU

for trusting me to be your guide

I am so honored to have taken this journey with you over the past 28 days. Thank you so much for your commitment, trust, and especially for taking time for yourself to recharge. As always, I can't wait for our next journey together!

*With reverence & humility,
Brittany :)*



I'M SO VERY GRATEFUL

VITAL RECHARGE

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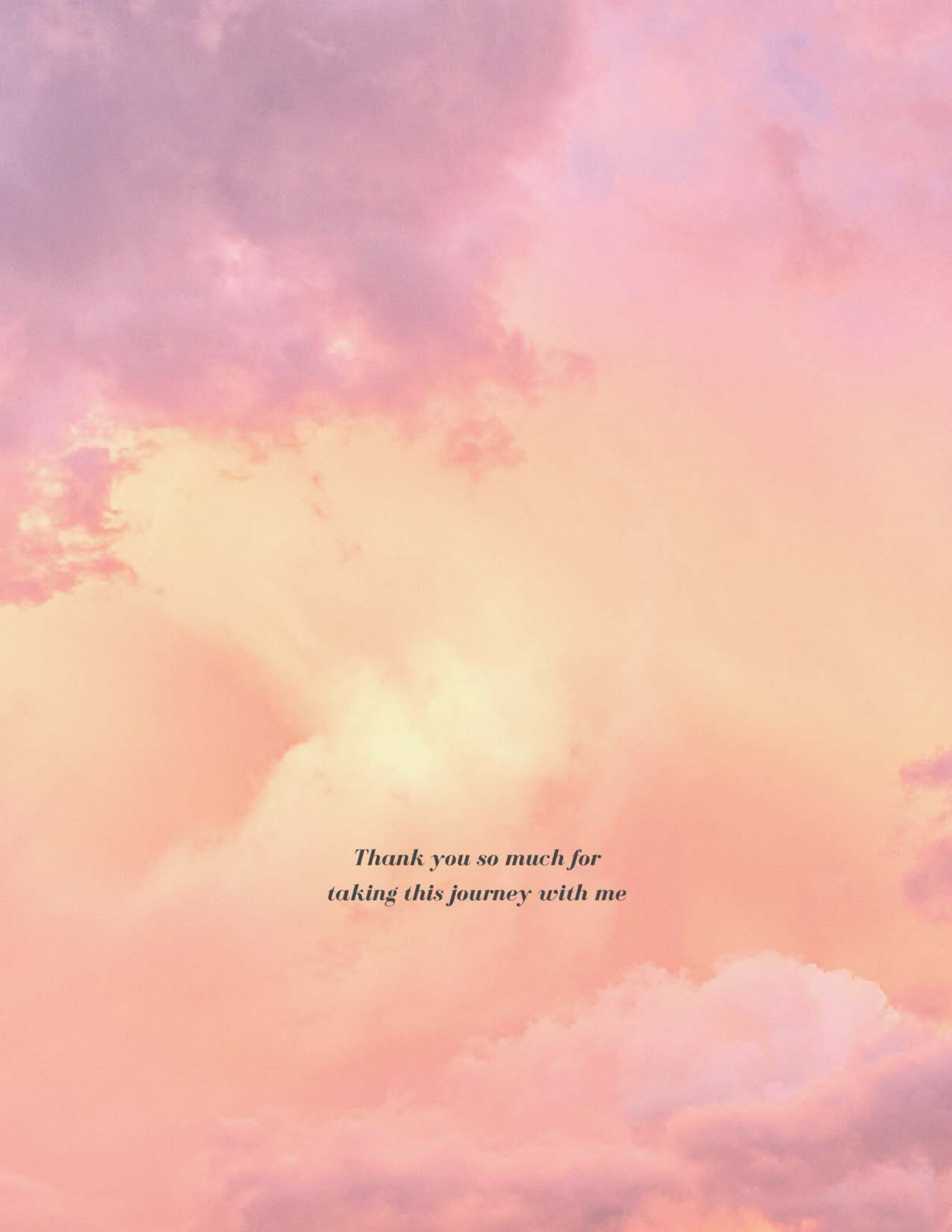
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*Thank you so much for
taking this journey with me*