

## Energy Toning Exercises

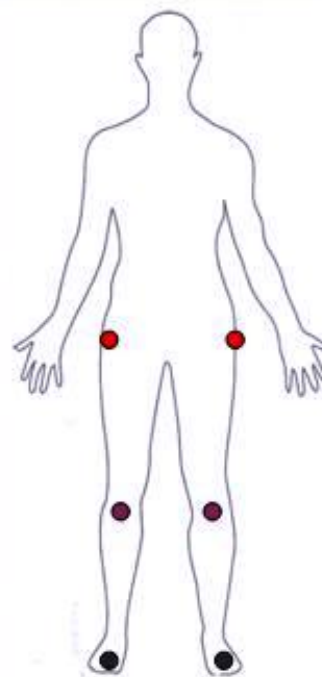
<http://www.hk4health.co.uk/>

<https://www.youtube.com/watch?v=1huRsX2apPE>

I have tried these exercises and find them quite refreshing and enjoyable.

However, the videos were a bit too fast – so I have made these notes for myself.

Maheś



### Element 0 : Central Meridian

For grounding, boosting energy and clearing foggy mind

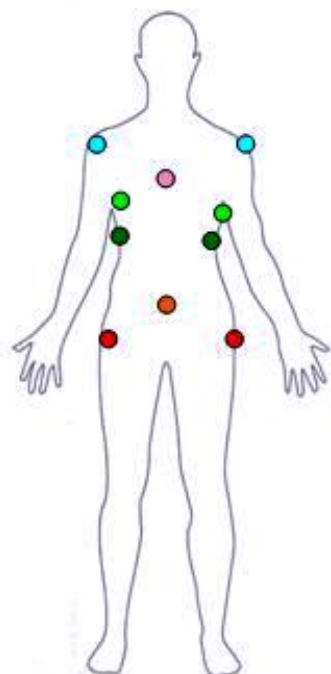
●	Start at Knees
●	Feet
●	Hips

### Element 0 : Governing Meridian

Clearing head and tiredness after studying and mental work

Start at knees, then slide one hand to feet and the other to hips on each side in turn.

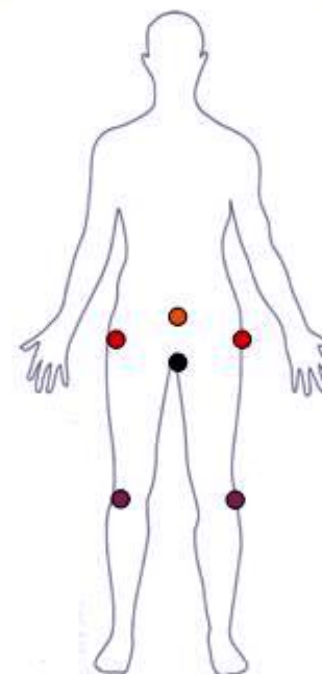
●	Start at Knees
●	Feet & Hips



### Element 1 : Gall Bladder & Liver

For over indulgence, anger, frustration and stress; supports the liver

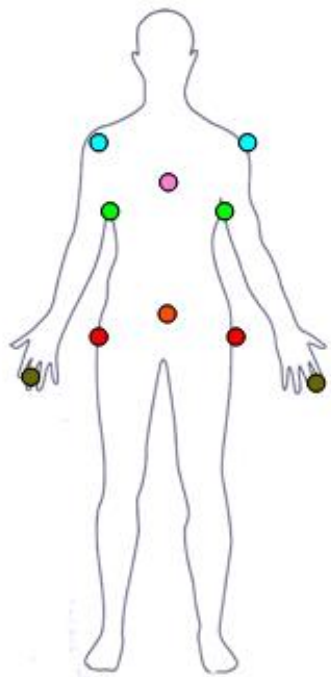
●	Start at ribs	Cross arms over body
●	Slide down to hips	Arms still crossed
●	Slide to navel	Fingers overlap
●	Up to thymus	Fingers overlap
●	Over to shoulder	Cross arms over body
●	To armpit	Cross arms over body
●	To ribs	Arms still crossed



### Element 2 : Bladder/Kidney

For anxiety and fear-related problems; supports bladder & kidney meridians

●	Start at navel
●	Slide down to pubic bone
●	Slide to hips – arms to either side
●	Down to side of knee
	Up the middle of the back of knee and thigh to navel level
●	Back to navel



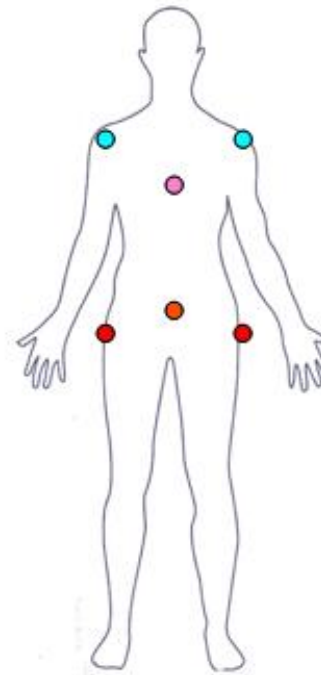
### Element 3 : Large Intestine and Lung

Grief, mourning, healthy breathing and oxygenation of blood and tissues

Keep to the same side of the body.

Start with left hand stroking right arm; then do the other side.

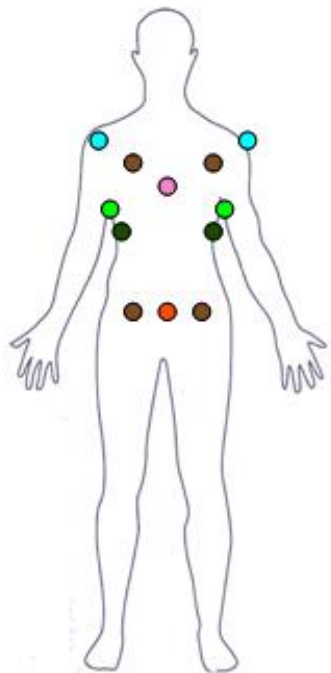
●	Start at thymus
●	Slide to shoulders
●	Down back of arm to tips of fingers
●	Up inside of palm and arm to armpit
●	Slide down to hips
●	Across to navel
●	Up to thymus



### Element 4 : Stomach and Spleen

Improve digestion, boost immune system and reduce worry

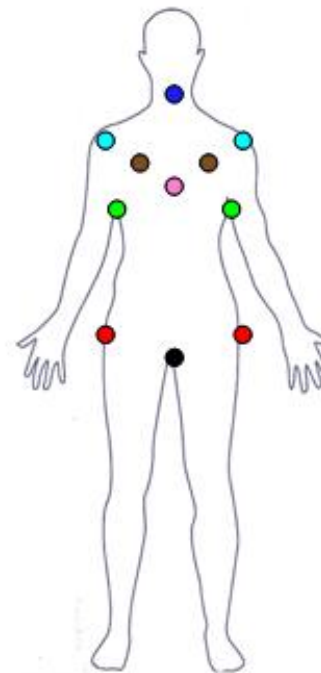
●	Start at navel
●	Slide to hips – arms crossed
●	Up to thymus
●	Across to shoulders – arms crossed
●	Back to navel



### Element 5 : Circulation, Sex, Triple Warmer

Balance sexual energy, balances circulation of body fluid and temperature regulation

●	Start at chest over breast – hands on same side as arms pointing towards each other
●	Slide straight down to hip level with hands pointing towards each other. Then across to navel
●	Go up to thymus
●	Across to shoulders – cross arms
●	Then down to armpit arms crossed
●	Drop down side to ribs arms crossed
●	Back to starting point over breast



### Element 6 : Heart and Small Intestine

Digestion and heart

●	Start at thymus
●	Up to throat
●	Across to shoulders, arms crossed
●	Down to armpit arms crossed
●	Then to chest arms uncrossed; then move to thymus
●	Down to pubic bone – hands over each other pointing down
●	Across to hips, hands on same side with thumb to back
●	Slide up to armpit, thumb inside armpit, hand pointing up facing each other
●	Back to thymus