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April 20, 2020

Acupressure Exercises Guideline

(Wash Hands Before Acupressure)

The intend of the acupressure exercises provided here is to have self-care to keep us healthy. They don't replace any medical professional help, either western medicine or eastern medicine. If you have any medical issues please talk to your primary doctors or acupuncturists.

Here is a guideline on how and when to do these exercises:

1. The focus of these exercises is for relaxation. It's better that you do it with eyes closed in sitting position, mostly.
 2. The pressure should be gentle but firm. Not too hard. You should feel comfortable.
 3. If your body feels like some of exercises then you can just do those.
 4. Eye exercises - It is recommended twice a day if you work in front of a computer all day, one in the morning and one in the afternoon. The exercises relax the tired eyes. You can also do it whenever your eyes are tired. For example, after reading a book for a few hours.
2. Stress release exercises - If you are not stressed in your life, great! You probably don't need to do these. Otherwise, you can do it once a day to relax the neck, shoulders and chest.
 3. Concentration exercises - You can do this at the beginning of your workday. Just sit and close your eyes. Massage Bai Hui and Si Shen Cong.