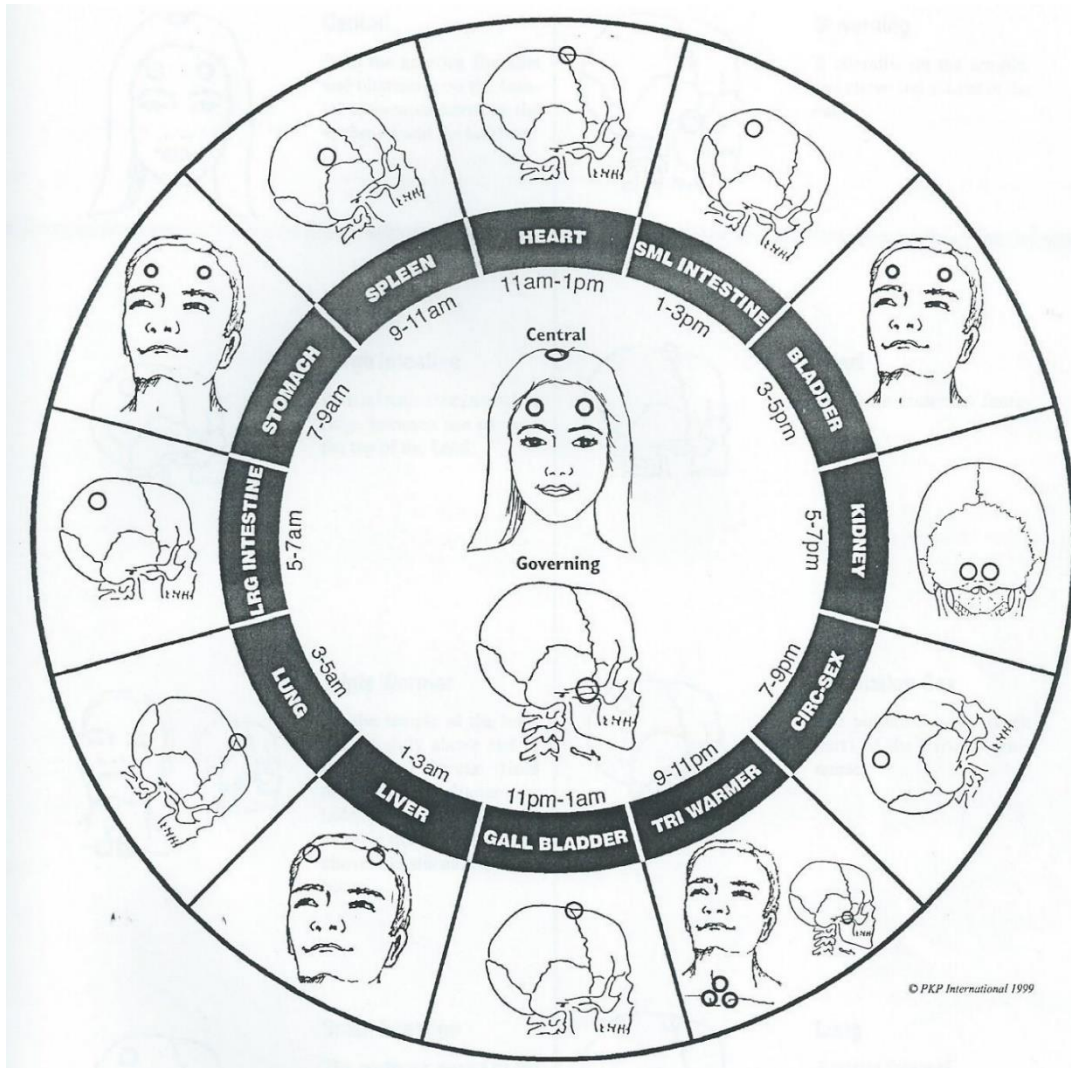


## Neurovascular reflexes – Soothing



Neuro vascular points are soothing points, holding these points gently defuses stress and increase blood and chi flow through the body, organs, meridians and other body systems.

Find a quiet space and get comfortable this practice will take around 5-10mins, you may wish to focus on a particular issue in your life or just notice how our body is feeling before you start.

1. First hold the points one at a time for the Central and Governing meridians found in the inside of the circle.
2. Find the time of day (each meridian has a peak energy 2hour period during 24hours cycle)  
Eg: if it is 9.30am is Spleen time 9-11am
3. Hold those points for 30 seconds or until you feel a light even pulse, then move clockwise around the circle holding each point until you are back at the start position.
4. Now check in on the issue you focused on at the start or how your body is feeling now.
5. You will hopefully feel calmer, clearer and more relaxed, you maybe even have new solutions to the issue in question.