



Rolling the Yangwei: Self Massage

Method 1: In sequence, gently push with moderate pressure and a downward motion (enough so that you feel sensation, not so much as to cause discomfort) GB 20, GB 21 & TB 15. Push each point 7 times rapidly. Repeat the sequence 7 times.

Method 2: Begin by pushing GB 20 with light to moderate pressure and hold. Then gently drag (do not lift finger) down on a line that passes through GB 21 & TB 15. Let the momentum of the dragging have the hands fly into the air after passing through TB 15. Repeat 7 times.