

ANTI-STRESS YOGIC MASSAGE

7. Place the flat of your palms on the back of the legs behind the patient's knees and massage lightly and rapidly in circular motion, moving out from the center line of the patient's body.



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8. Massage both legs rapidly and lightly using your fingertips at the point where the legs and buttocks meet.



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9. Massage the muscles on either side of the spine just above the top edge of the sacrum. This is the junction of the sacrum (vertebrae S1) and the lowest lumbar (vertebrae L5).



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10. Stand over the patient. Using the fleshy sides of your fists, walk up the muscles on either side of the spine from the base of the spine to the neck.



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11. Rapidly and lightly massage the mid-trapezius muscles (mid-point top of shoulder) on both sides.

12. Sit above the patient's head. Massage the sides and back of the neck, moving upwards from the nape of the neck to the base of the skull where the spine meets the skull.

If there is sufficient time, allow the patient to relax for another **5-15 minutes**. Otherwise, the partners can switch roles after a short break and administer the massage to the other partner.

COMMENTS: Yogi Bhajan said it would take 10 to 15 treatments of this massage for a normal person to be restored and become free of stress. This massage can help you experience what it is like to be stress free.



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