

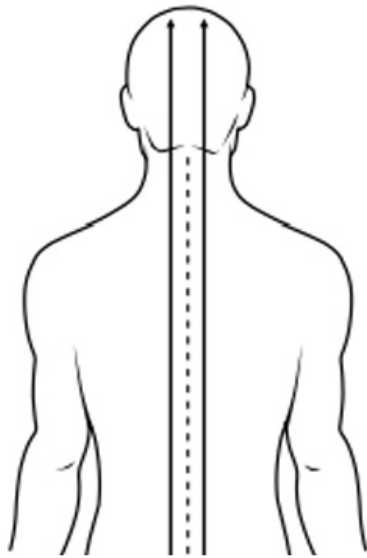


**Clockwise Palm  
Circles**



**Alternating Palm  
Slides**

**Zone 1**



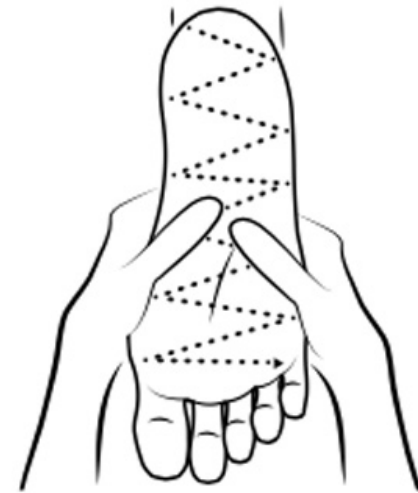
**Five Zone Activation**



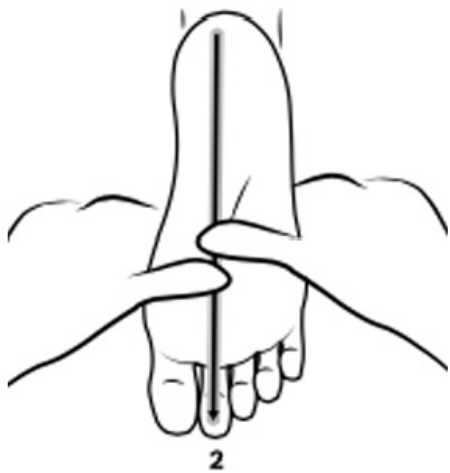
**Auricular Stress  
Reduction**



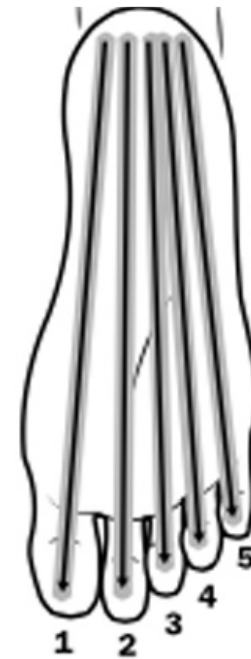
**Thumb Walk Tissue Pull**



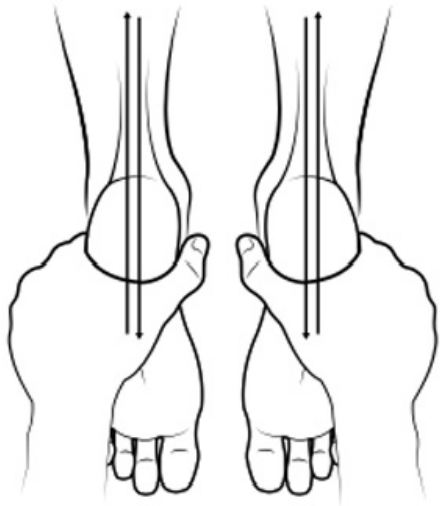
**Regional Tissue Pull (Feet)**



**Pinpoint Zone Activation (Feet)**



**Five Zone Tissue Pull (Feet)**



**Lymphatic Movement  
(Feet)**