

In case you wondered ahead of time – this process is so worth it!!! It results in a lightness of being. When you do even a little of this is, the entire body feels less tense and painful.

This translates as feeling immediately taller as the body unwinds. Also any gut discomfort tends to lift instantly. Neck/shoulder/back/lower body circulation – all structural upsets are less pronounced. It is easy to feel happy when some of this load is shed from your body.

Remember the [Dai Mai meridian](#) – it governs the circulation to the legs and connects the upper to the lower so we attack this area first to remind it how to work well. Most importantly, before we get to the legs, we need to think – what governs circulation to them? The lower back, the sacrum. And what governs them? The Dai Mai.

C) INSTRUCTIONS

The person should be warm, straddling a chair with a pillow to cushion their front. They can be lying down, but I find the sitting position is much easier to get into the ‘stuck’ areas and allows the legs and pelvis to be very open this way.

Your hands must be warm and inviting.

This technique is a lot easier the more you do and also the more times the technique is applied on this person – some have very tight and hard to ‘undo’ backs. Others are very easily loosened and stretched so it may not be your technique so much as the amount of tension for you to shift that may appear to be different to the pictures.



Using very little oil – as you need to pinch and roll, not slide over the skin.

Press into the body to allow as much flesh to come up into your hands as possible.

Then start walking it across slowly.

1. You need to start close to the spine in order to gather loose skin under your hands. With your hands in this position, start by walking your fingers towards the spine to gather up the skin to work with.