

TOUCH FOR HEALTH - OUTLINE OF EXERCISES

1. **Virgin Mary** - arms 15° away from body, slightly to the side...move in (Supraspinatus - Central Meridian)
2. **Chicken Wing**...elbows bent and fists on lower back...move elbows toward front of body (Teres Major - Governing Meridian)
3. **Arm level with shoulder...thumbs down**...move "down and away" (Pectoralis Major Clavicular - Stomach Meridian)
4. **Penguin**...arm straight down at sides...palm facing out...move away from body (Latissimus Dorsi - Spleen Meridian)
5. **Scare Crow**...arm out to side, bend at elbow 90° (Subscapularis - Heart Meridian)
6. **Marchers**...leg up (Quadriceps - Small Intestines)
7. **Bug Squisher**...little toe flexed toward head (Peroneus - Bladder Meridian)
8. **Soccer Kick**...leg out 45° slightly to side...foot pointing out...move out & down (Psoas - Kidney Meridian)
9. **Ballet Pose**...leg out to the side...move in...gluteus medius (Gluteus Medius - Circulation/Sex Meridian)
10. **Flying W**...arms bent at 90°...thumb towards shoulder...move across chest (Teres Minor - Triple Warmer)
11. **Arm in front 45°...move down** (Anterior Deltoid - Gallbladder Meridian)
12. **Backstroke**...arm at 90° level with shoulder...thumb down...move up & away (Pectoralis Major Sternal - Liver Meridian)
13. **Arm slightly above shoulder...thumb up...raise and reach** (Anterior Serratus - Lung Meridian)
14. **Leg raised 45°** slightly to side...foot turned in...move over the midline, down (Fascia Lata - Large Intestine)