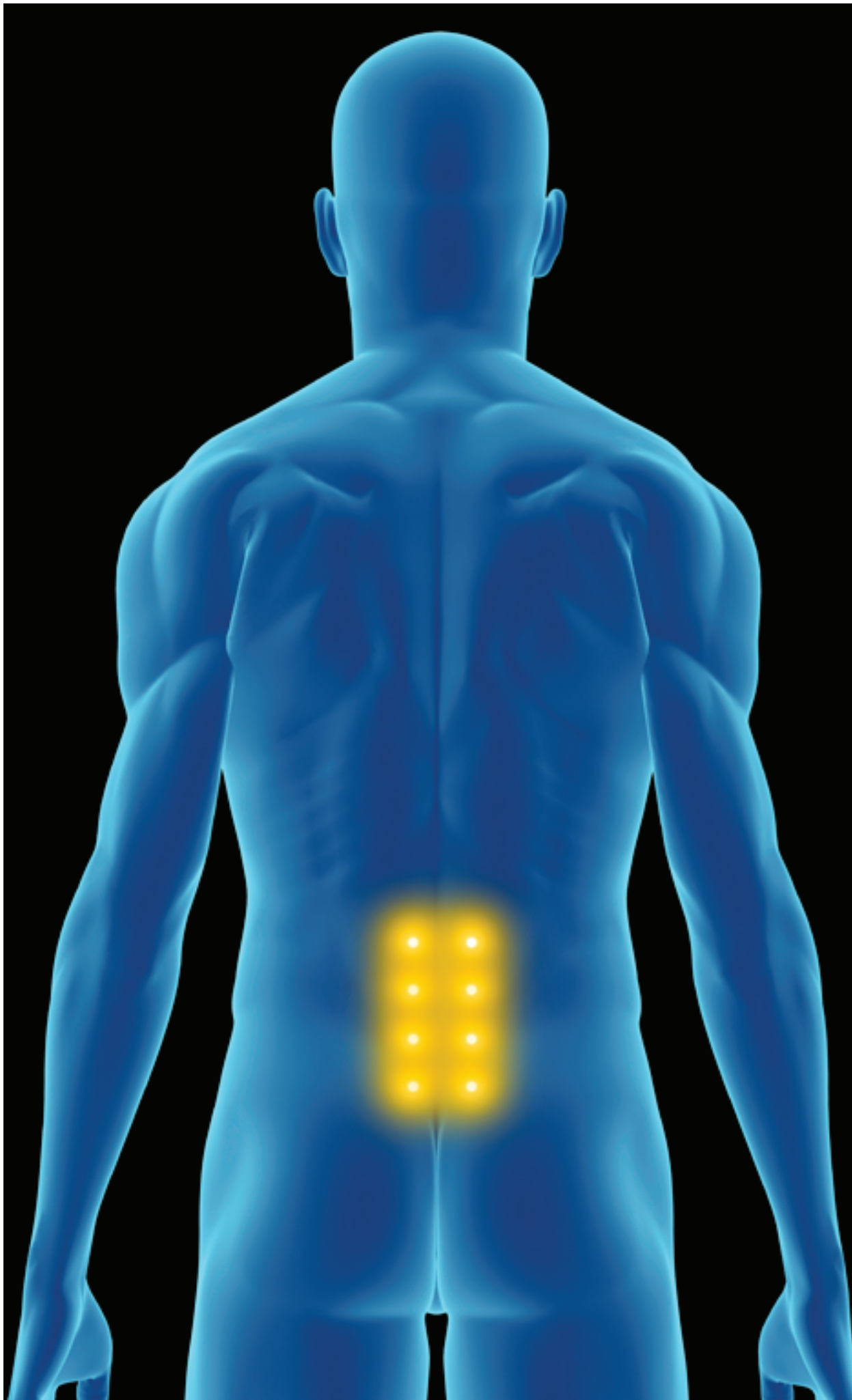


ENERGY MERIDIAN MAP



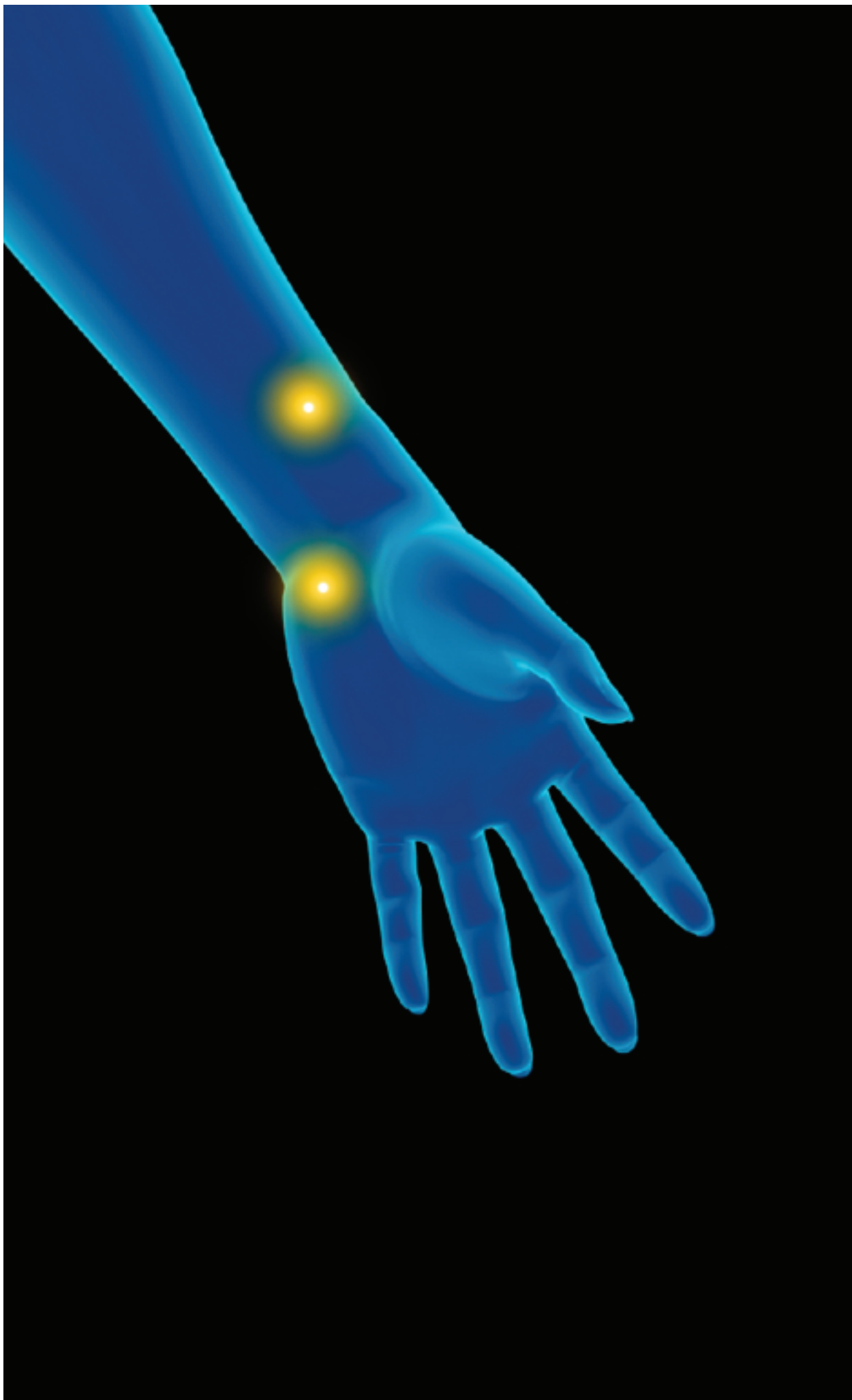
Lungs points

- Increases lung strength
- Improves immune function



Lower Back Points

- Improves blood flow
- Activates energy
- Promotes vitality

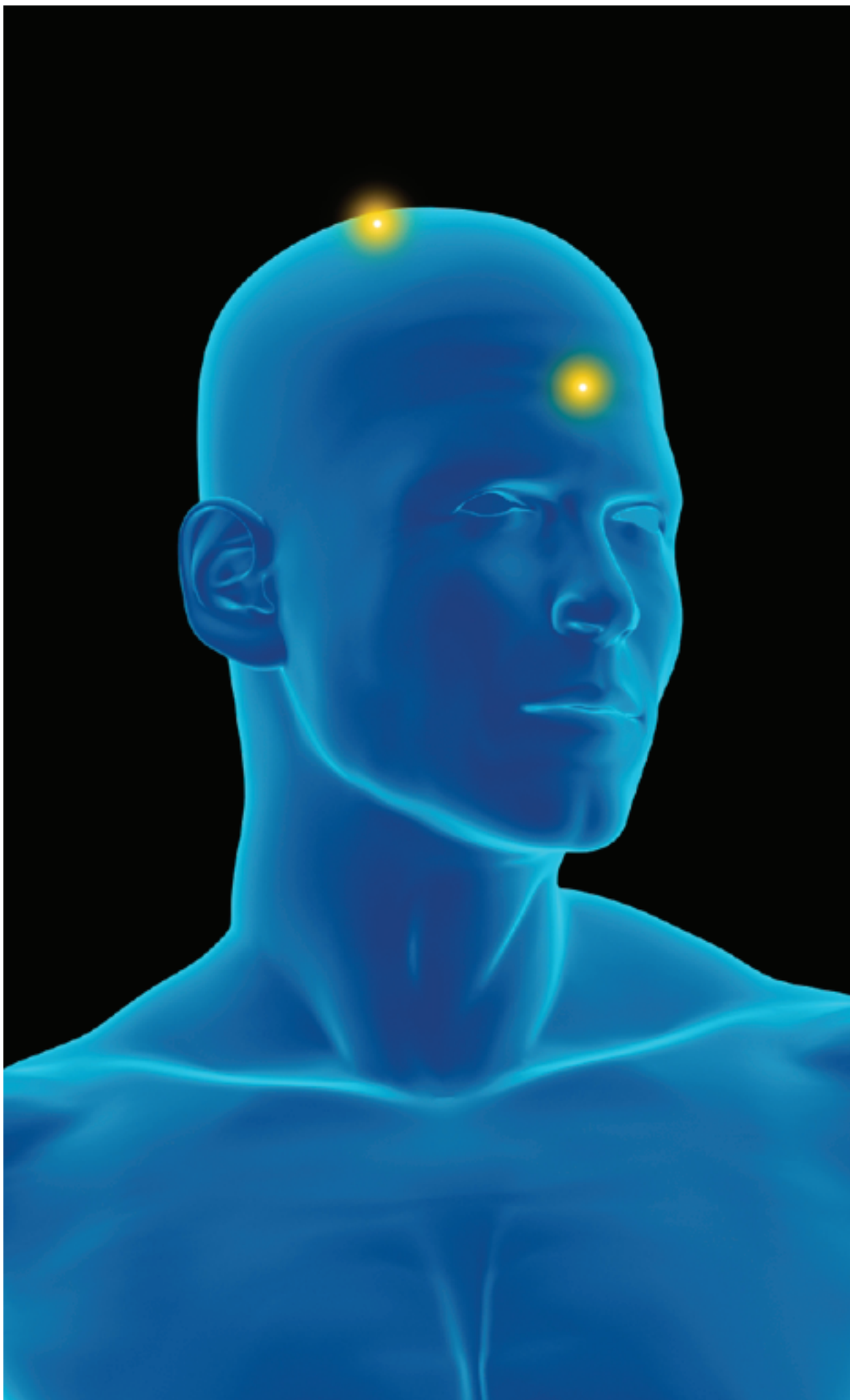


The Inner Gate Point

- Stabilizes emotional highs and lows
- Erases feeling of anxiety
- Eases digestive discomfort

Heart Point

- Promotes peaceful sleep



Qi Gong Facial Rejuvenation

- Reduces stress and tension
- Eliminates mental clutter
- Improves circulation to cranium