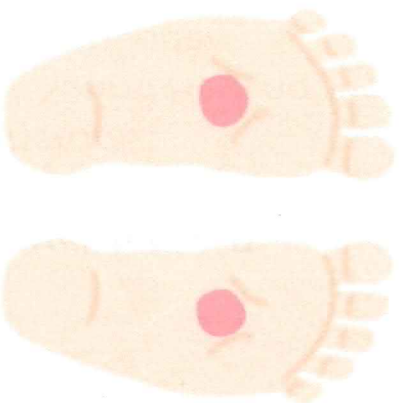
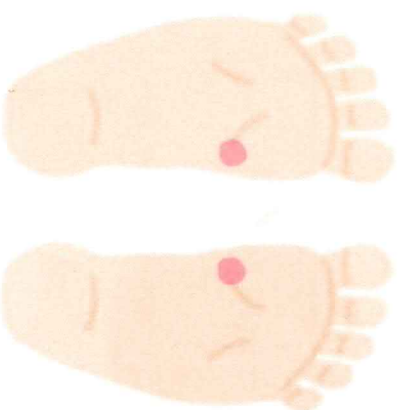


5 Minute Reset



Solar Plexus

Small circles with thumb or finger



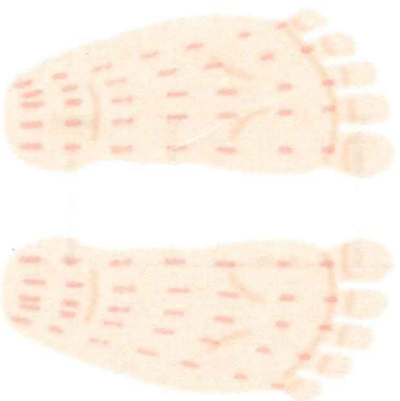
Vagus Nerve

Press and hold



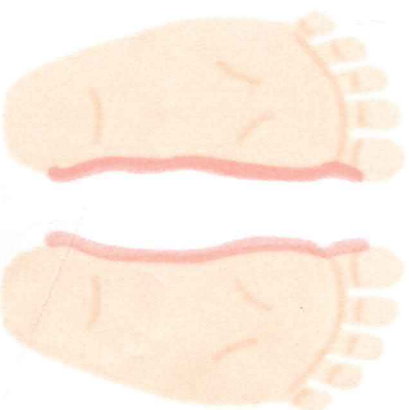
Brain

'Rock' along the top of each toe with a finger



Full Body

Caterpillar walk along the 'meridian lines' from the underside of each toe to the heel



Spine

Caterpillar walk or glide from the heel to the joint of their big toe, 2-3 times

- For general wellbeing, and nervous system regulation
- A great one when you've only got a few minutes, or when you're not sure what's up
- One foot at a time, always starting with the right
- Try some long, slow strokes, all over the foot in-between each move.