



MAKE IT MASUNAGA

Energise yourself and relieve stress with these quick and simple Masunaga techniques from massage guru Roel van Kuijk

Shizuto Masunaga, a Japanese Shiatsu practitioner and author of many books, invented stretching techniques that release energy to flow through the 12 meridians in our body. When stretching in the morning, you will feel this is an energising way to start the day. This routine is also a good complement to a shiatsu massage, based on acupuncture points, which is a very efficient treatment to release stress and other health disorders.

LUNG & LARGE INTESTINE MERIDIAN



Stand up straight, and hook your thumbs together behind your back. As you breathe out slowly bend your body forward, as deeply as possible and lift your arms towards the sky behind your back.

STOMACH & SPLEEN MERIDIAN



Sit on your knees. While breathing in, stretch your arms and hands above your head. Breathing out and lower your body backward, without lifting your knees. Lean on your arms and hands.

HEART & SMALL INTESTINE MERIDIAN



While breathing in, sit with your soles together, pulling them as close to your body as possible. Sit straight and grab your toes. Breathing out and bend forward and bring your head as close as possible to your feet.

BLADDER & KIDNEY MERIDIAN



While inhaling, sit with closed, straight legs in front. The trunk, neck, head and arms stretched upward. While breathing out bend forward and bring your hands to your knees. Try to touch your feet and pull your toes.

TRIPLE WARMER & PERICARDIUM



Sit down in the lotus position. Stretch your upper body. Exhale and slowly bend forward while your arms cross and you push palms against the inside of your knees. Repeat by inverting legs and arms position.

LIVER & GALL BLADDER



Sitting, legs widely stretched. Upper body and arms stretched above head. Exhale and lift your right arm over your head towards your left foot. Repeat to the other side with your left arm towards your right foot.

TIPS 1 Do these exercises daily, in the morning. 2 Put your mind at rest and concentrate on your breathing. 3 Do not seek force and pain. 4 Hold each movement for 7 respirations, and during each exhale stretch a bit further. 5 Do them in one fluent, slow movement. 6 Repeat the cycle 3 times without interruption.

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To view these Masunaga routines online visit Blue Tree Massage You Tube channel. For more details Tel: +33 (0)6 51 36 93 65 or visit www.bluetree-massage.com