

Mindful Movement in a Chair for Good Health

Robin Goettel, OLLI Instructor

Fridays, 10:00-11:30 a.m.

March 29-April 19, 2024



Week Two: Acupressure Technique Chinese Tapping (EFT)



The Science behind Acupuncture

- ❖ Acupuncture: part of the ancient practice of Traditional Chinese medicine (TCM)
- ❖ A healthcare system evolving over thousands of years to prevent, diagnose, and treat disease.
- ❖ The body's vital energy, qi (chi), flows along specific channels/meridians. If the qi is balanced then the person has spiritual, emotional, and physical health. But when the qi isn't in balance disease may occur.

The Science behind Acupuncture

- ❖ Qi can be blocked, causing an imbalance between the yin and yang—two opposite but connected principles in Chinese philosophy.
- ❖ The human body has more than 2,000 acupuncture points, linked through various meridians.
- ❖ The use of acupuncture on specific points with these meridians helps to improve the flow of blocked or stagnant qi. Acupuncture can restore movement of qi and improve health.

Week Two: Acupressure Technique ~Chinese Tapping (EFT)

What is Tapping?

- ❖ A powerful holistic healing technique that resolves a range of issues. Also known as EFT (Emotional Freedom Technique).
- ❖ Based on the combined principles of ancient Chinese acupressure incorporating qi and modern psychology.
- ❖ Requires you to focus on a negative emotion, e.g., a fear, a worry, a bad memory, or any unresolved problem.

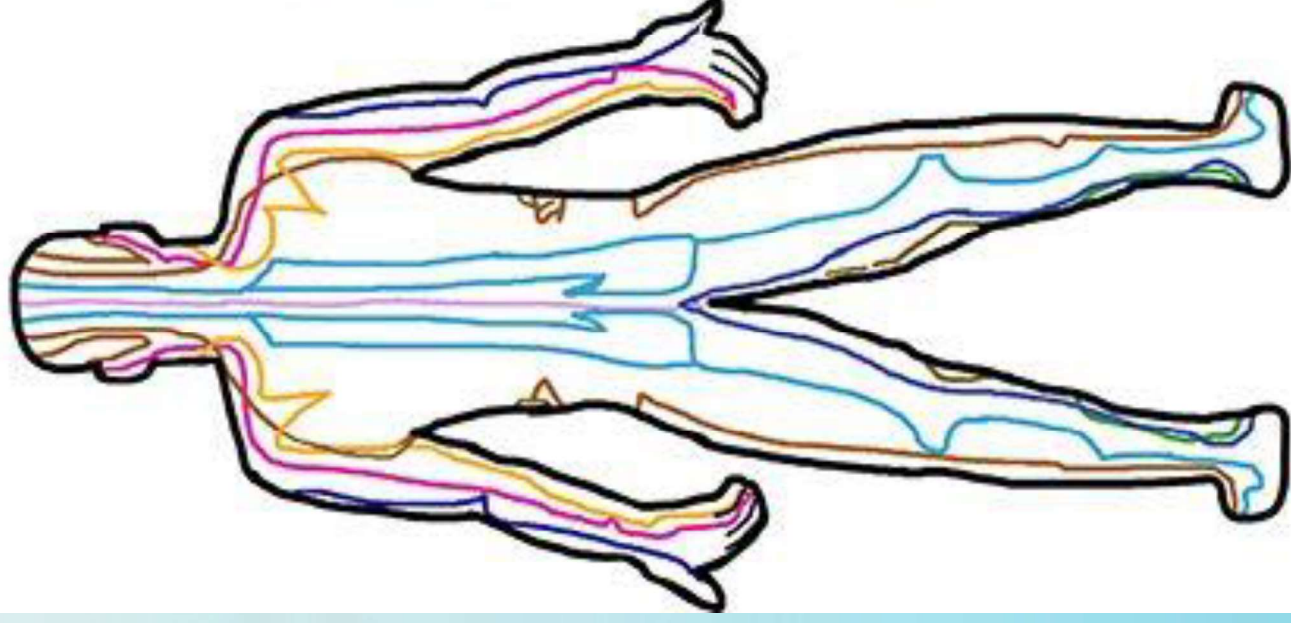
What is Tapping? (cont'd)

- ❖ Do this while maintaining your mental focus on this issue.
- ❖ Use your fingertips to tap a number of times on 9 specific meridian points of the body.
- ❖ Tapping on these meridian endpoints, while addressing the root cause of distress, sends a calming signal to the brain. This allows you to feel relaxed and in control.

Meridian System or Acupuncture

Composed of 12 principal meridians, each of which connects to an organ system and extends to an extremity.

Strings connecting acupuncture points, which are considered as passageways through which energy flows throughout the body



Lung

Large Intestine

Heart

Small Intestine

Pericardium

Triple Warmer

Stomach

Spleen

Liver

Gall Bladder

Urinary Bladder

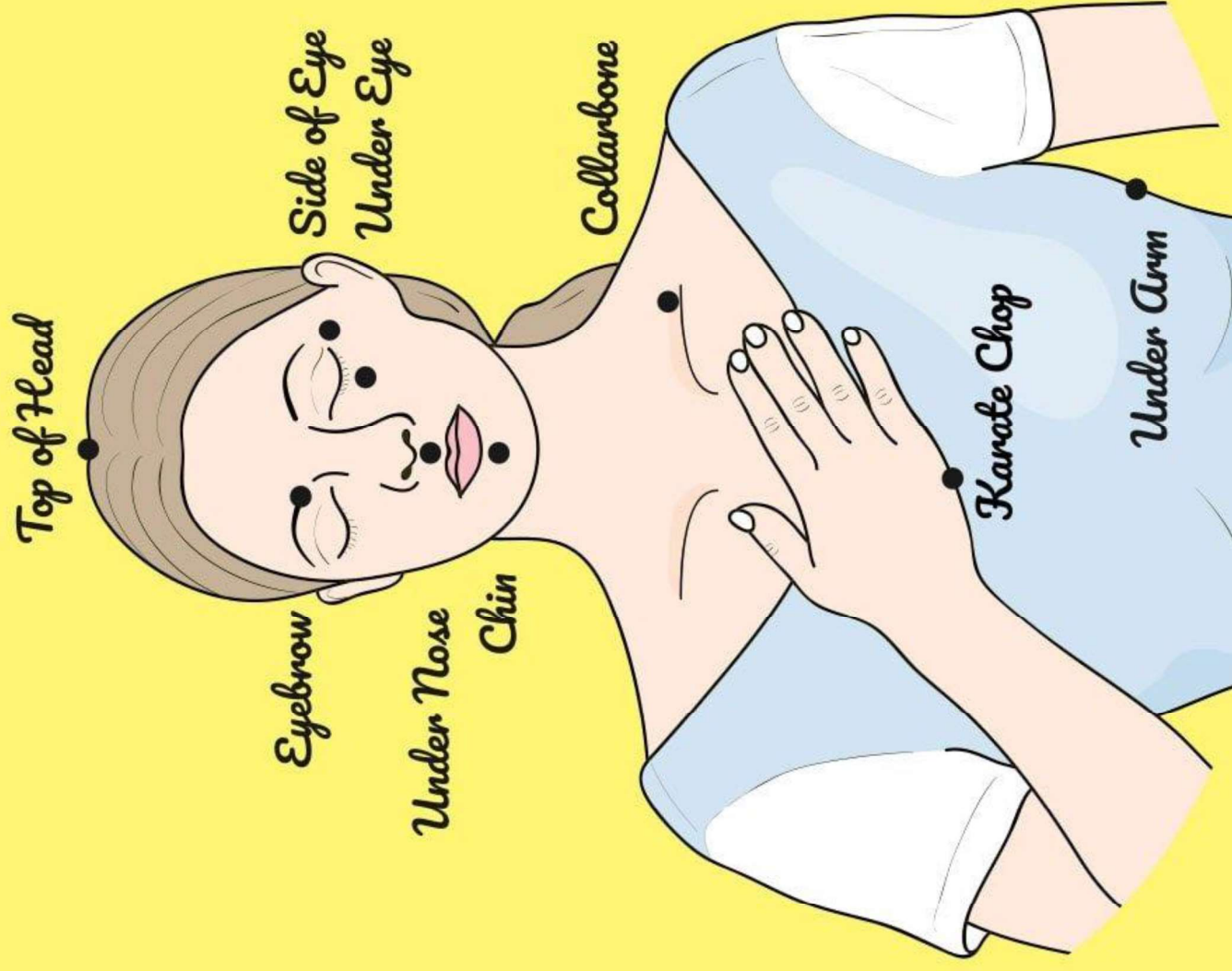
Kidney

Conception

Governing

Acupuncture Meridians Back

How to Do EFT Tapping To Relieve Stress And Anxiety



What is Tapping and Why Does it Work?

<https://youtu.be/9FsKdaXyTH8>

THE SCIENCE BEHIND

TAPPING

JENNIFER PARTRIDGE



How to Tap' with Jessica Ortner

<https://youtu.be/BPqGjcxoPS8>



The **apping**
Solution

LEARN HOW TO TAP!

with
Jessica Ortner

The Tapping Solution

Wick Ortner is the CEO of The Tapping Solution, a company with the aim of bringing Emotional Freedom Techniques (EFT) into the mainstream.

While maintaining mental focus on a negative issue or emotion, tapping involves using your fingertips to tap on nine specific meridian points of the body.

How Tapping Calms Anxiety And Stress—Tapping De

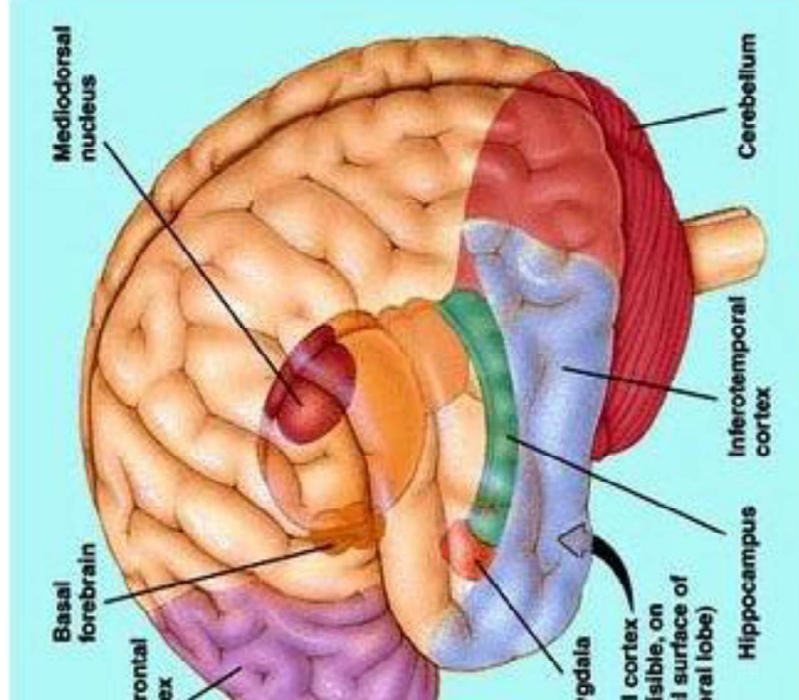
FIVE MINUTES A DAY WILL TRANSFORM YOUR LIFE”

THE
CHRIS EVANS
BREAKFAST
SHOW
with sky



Brain's Response to Emotions (Amygdala)

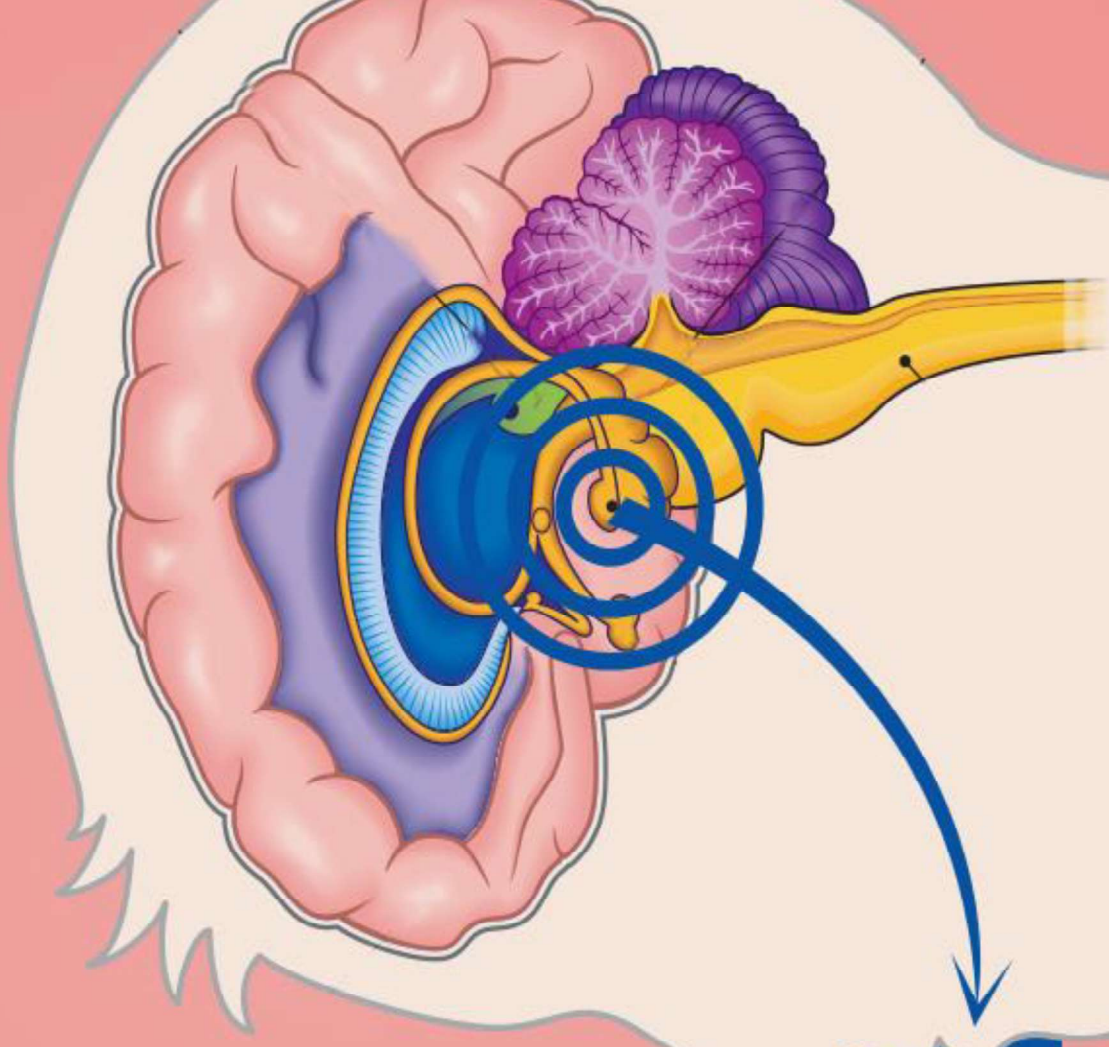
- The amygdala is an information filter regulated by our emotional state.
- When calm – the filter is wide open and information flows to the prefrontal cortex – the learning, reasoning and thinking center. The prefrontal cortex controls our decision making, focuses our attention, and allows us to learn how to read, write, compute, analyze, predict, comprehend, and interpret.



located in the
temporal lobe
of the brain,

the amygdala

helps trigger the
fight-or-flight response.



Acupressure for Arthritis with Lakshmi Voelke



<https://youtu.be/RjcRo4eipxU>

Free Acupressure with Lakshmi Voelke



<https://youtu.be/InT9OeKtpZA>

**Thank You
for Joining Me
on Your
Mindful Movement
Journey!**

