

THREE ENERGY THUMPS

RELIEVES STRESS, IMPROVES CONCENTRATION, AND WAKES YOU UP

THUMP EACH AREA WHILE TAKING 3 OR MORE BREATHS IN AND OUT.
WHEN THUMPING, USE MORE PRESSURE THAN A TAP BUT LESS PRESSURE THAN A PUNCH.

WHILE INHALING: THINK OF SOMETHING THAT BRINGS YOU PEACE.

(IT CAN BE A WORD, MANTRA, OR A PLACE IN NATURE WHERE YOU EASILY RELAX)

WHILE EXHALING: IMAGINE ALL STRESS, BOREDOM, AND FATIGUE LEAVING YOUR BODY.

THUMP 1



FIND THE NATURAL INDENTATIONS BENEATH
BOTH CLAVICLE BONES AND THUMP

THUMP 2



FIND THE CENTER OF YOUR CHEST (WHERE TARZAN HITS)
AND THUMP

THUMP 3



FIND YOUR RIBS, BENEATH YOUR CHEST, AND THUMP
(FOR LADIES, 1 RIB DOWN FROM WHERE YOUR BRA ENDS)



HER ART IS HEART

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