



10 Basic Meridian Exercises

A set of gentle stretches that get you in touch with yourself and open your energy pathways, resulting in feelings of relaxation, circulation, flow, energy, and peace.

Brian Skow, Shiatsu Works LLC, April 2021



- Meridian exercises were developed by Shizuto Masunaga, the founder of Zen Shiatsu, to encourage the flow of Vital Energy through your being, thereby restoring balance and health.
- Each exercise uses a posture, imagery, and breath to open a pair of Meridians or a Vessel.
- Zen Shiatsu has an extended Meridian system compared to that of Traditional Chinese Medicine.
- There are 52 exercises in 6 sets, and each set is completed in around ten minutes. This workshop covers the Basic set.
- The six Basic Organ pair Meridian Exercises are erroneously referred to as the Makko Ho, which is a set of four exercises similar to four of the six.



- Breathe from your Hara, like a balloon.
- Moving into a posture, inhale first if bending backward and exhale first if bending forward.
- Perform a few deep, long and slow breaths while in each posture.
- Relax into the postures, putting your mind into the areas of the body (Meridians) being stretched.
- The in-breath serves to tighten, the out-breath serves to release.



- When a stretch is easy, that's an indication of Kyo. Where you're tight, that's an indication of Jitsu. By nourishing the Kyo you help the Jitsu to relax.
- Influences: constitution, both physical and energetic; injuries; temporary manifestations, including emotions and illness.
- Do these every day, it's like giving yourself a Shiatsu session each time!

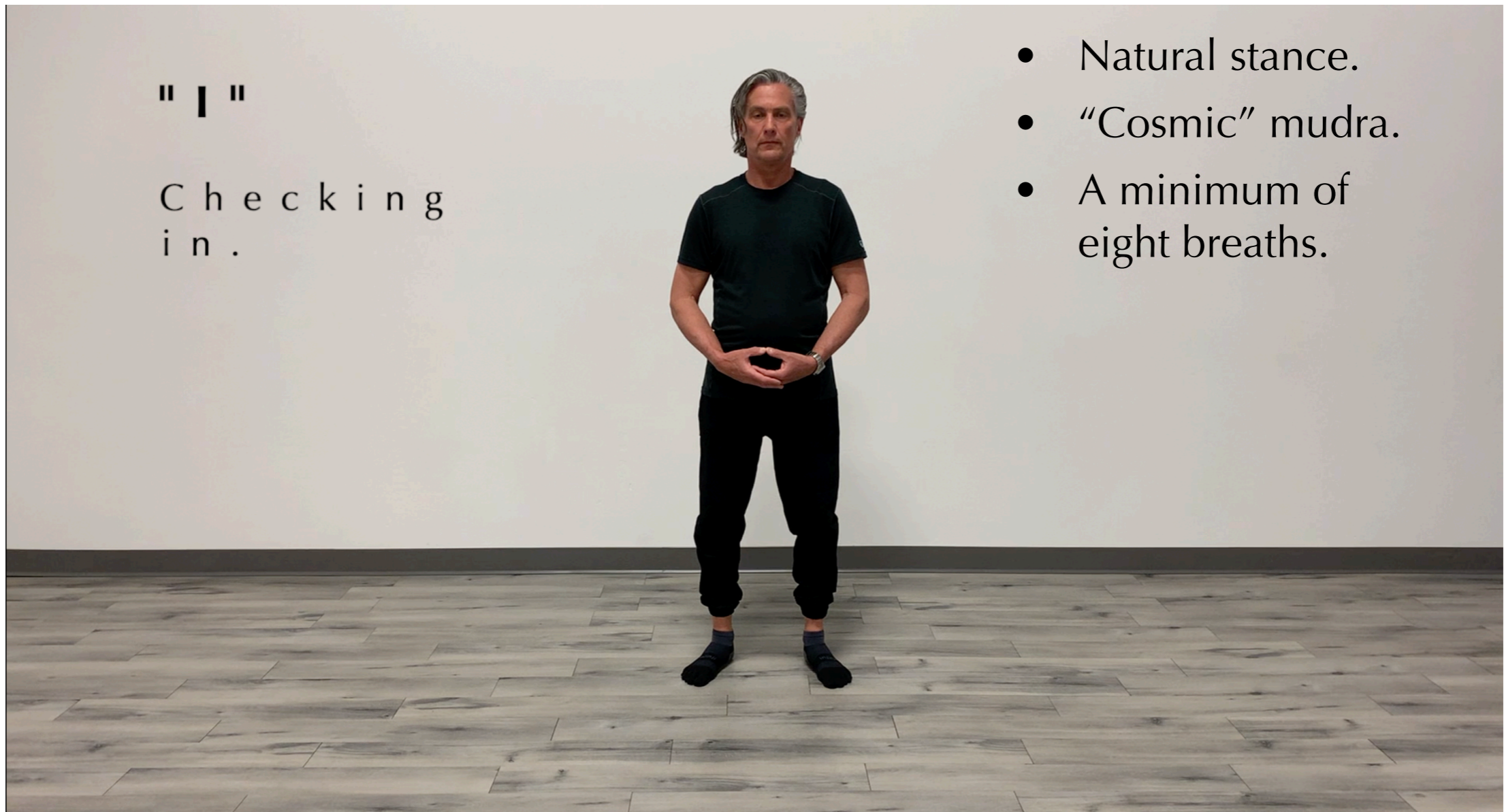


Basic Meridian Exercises

" | "

C h e c k i n g
i n .

- Natural stance.
- "Cosmic" mudra.
- A minimum of eight breaths.



Standing Meditation



Basic Meridian Exercises

" p "

Conception
Vessel



- Hands under buttocks.
- Breathe in going back.
- Chin drops back.
- Stretch center of torso.

Yin

Basic Meridian Exercises

" q "

Governing
Vessel

- Hands move to back of thigh.
- Head at level of waist.
- Spine stretch.



Yang



Basic Meridian Exercises

" A "

L u n g

L a r g e
I n t e s t i n e

- Legs greater than hip-width apart, feet angled out.
- Hook thumbs behind back.
- Breath out, bend over, raise hands.
- Emphasize radial.



"Vitality through exchange."



Basic Meridian Exercises

" A "

L u n g

L a r g e
I n t e s t i n e

- Reverse the hook.
- Do the exercise again, back view.



"Vitality through exchange."

Basic Meridian Exercises

" B "

S t o m a c h

S p l e e n

- Level 1
- Sit seiza.
- Palms next to balls of feet.
- Inhale, raise pelvis and let chin drop back.



"Hunger and satisfaction."



Basic Meridian Exercises

" B "

S t o m a c h

S p l e e n

- Level 2
- Sit between ankles, feet out.
- Palms on heels.



"Hunger and satisfaction."



Basic Meridian Exercises

" B "

S t o m a c h

S p l e e n

- Level 3
- Clasp hands together, palms facing head.
- Stretch out arms.



"Hunger and satisfaction."



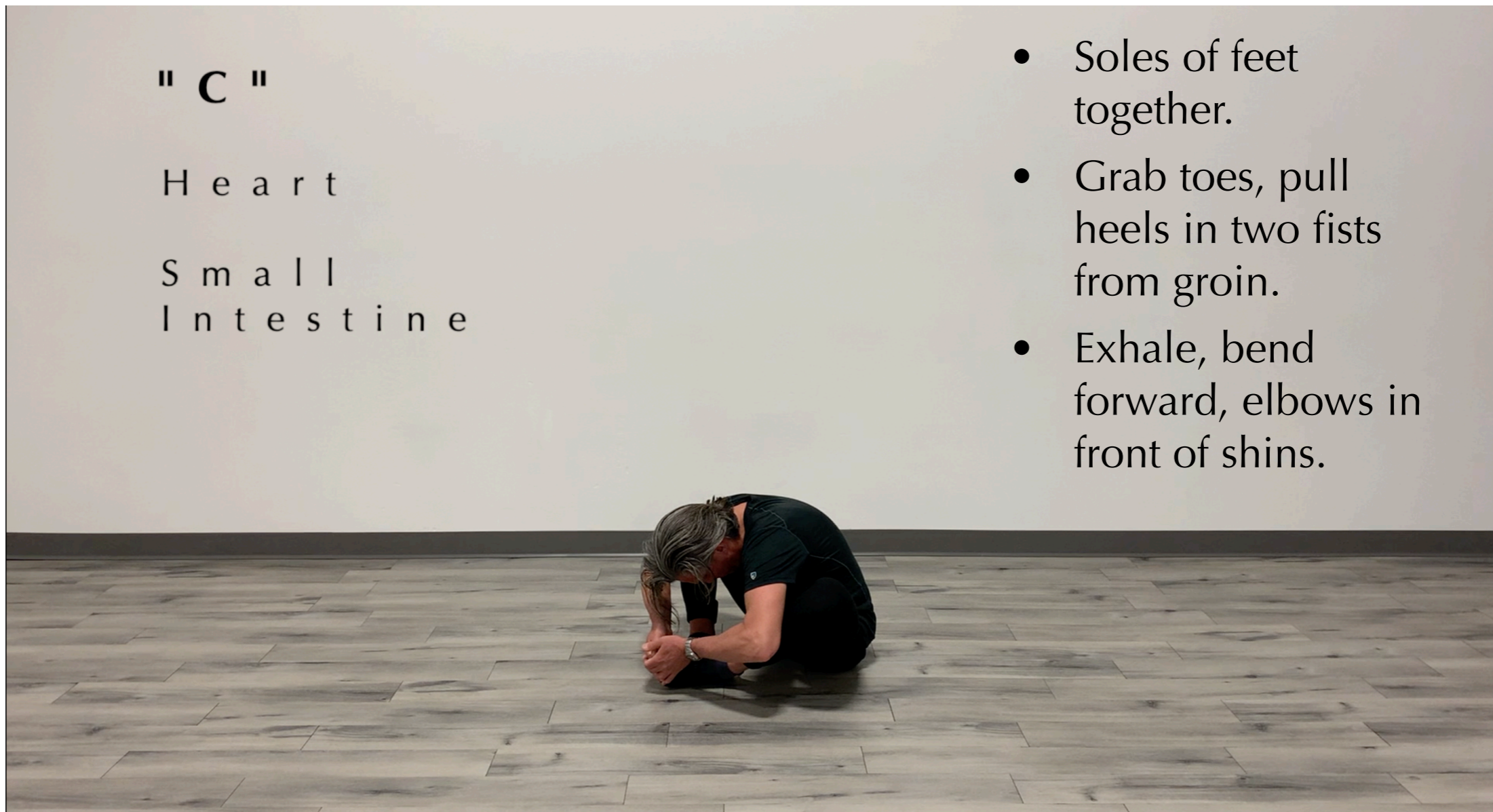
Basic Meridian Exercises

" C "

H e a r t

S m a l l
I n t e s t i n e

- Soles of feet together.
- Grab toes, pull heels in two fists from groin.
- Exhale, bend forward, elbows in front of shins.



“Assimilation and integration.”

Basic Meridian Exercises

" D "

U r i n a r y B l a d d e r

K i d n e y s

- Level 1
- Feet hip-width apart.
- Backs of hands together.
- Exhale, bend forward, hands between feet.



"Impetus."

Basic Meridian Exercises

" D "

U r i n a r y B l a d d e r

K i d n e y s

- Level 2
- Raise up straight, then arc over, toes flexed.



"Impetus."



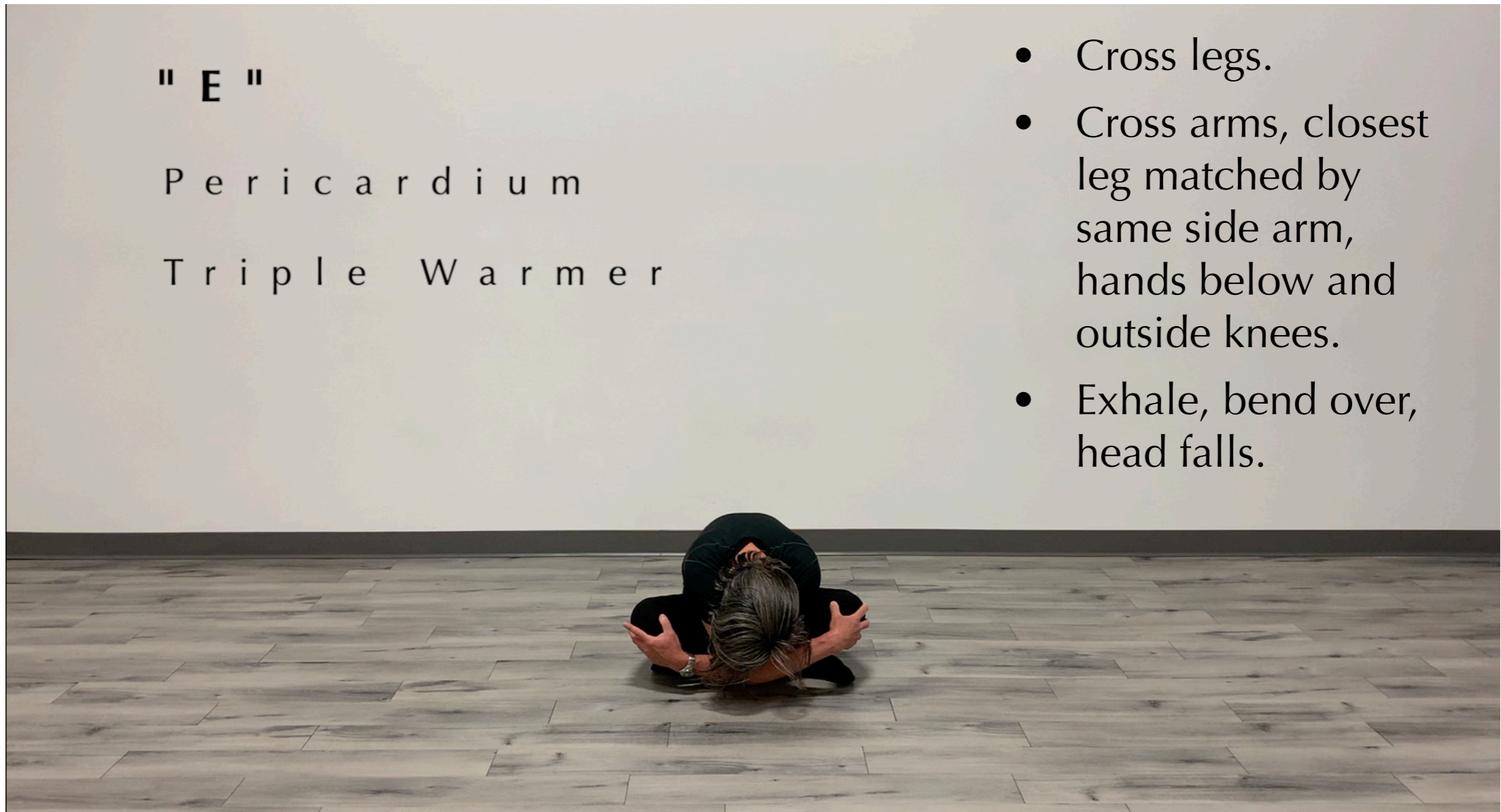
Basic Meridian Exercises

" E "

P e r i c a r d i u m

T r i p l e W a r m e r

- Cross legs.
- Cross arms, closest leg matched by same side arm, hands below and outside knees.
- Exhale, bend over, head falls.



“Circulation and protection.”



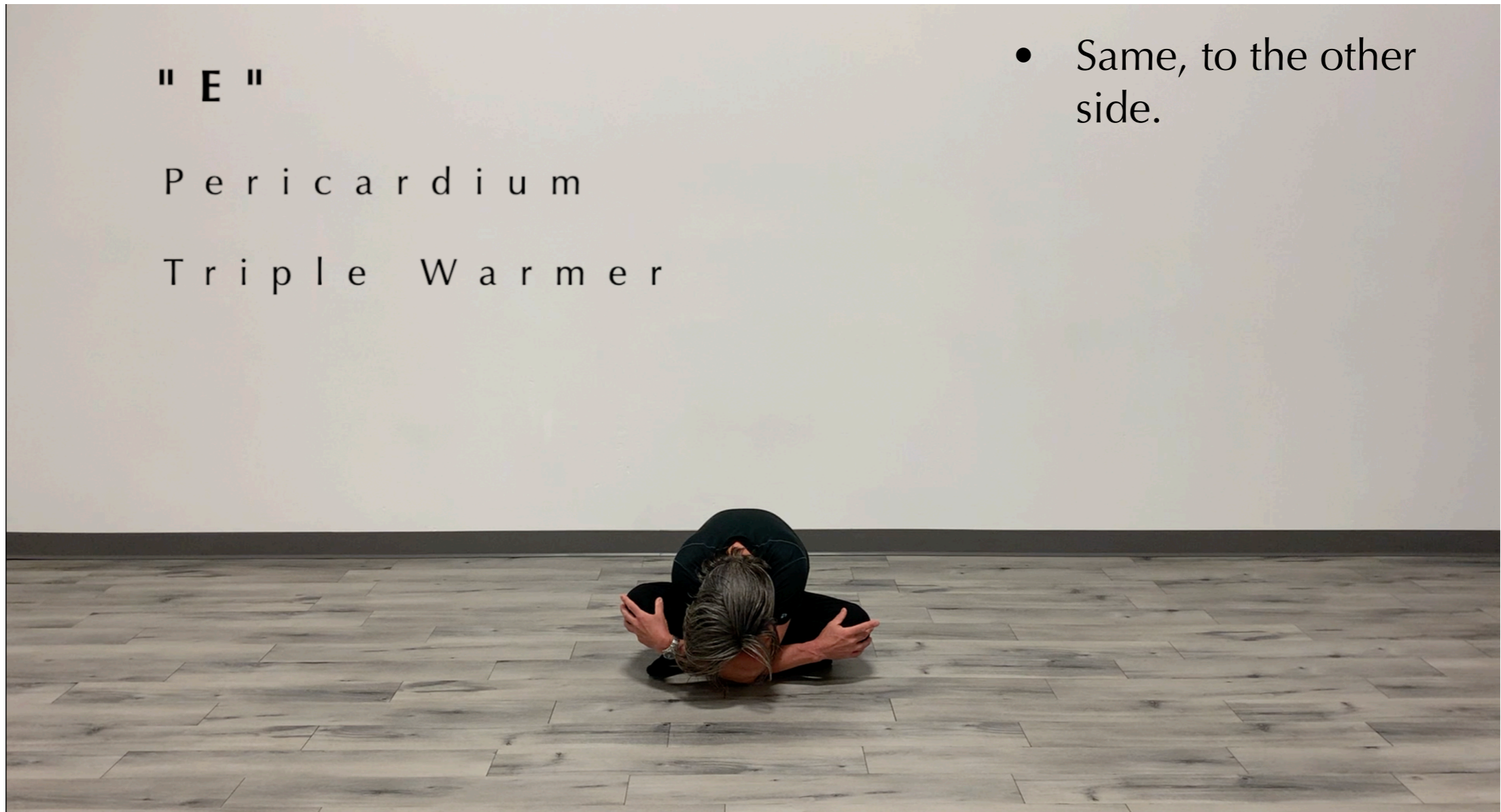
Basic Meridian Exercises

" E "

P e r i c a r d i u m

T r i p l e W a r m e r

- Same, to the other side.



“Circulation and protection.”



Basic Meridian Exercises

" F "

G a l l B l a d d e r

L i v e r

- Fingers interlaced overhead, palms away.
- Turn, exhale, bend torso.
- Elbow inside knee, look at opposite foot, extend arms.



"Irresolution."



Basic Meridian Exercises

" F "

G a l l B l a d d e r

L i v e r

- Other side.



"Irresolution."

Basic Meridian Exercises

" Z "

C h e c k i n g i n .

- "Savasana", corpse pose.
- A minimum of eight breaths.



Meditation while lying down.



Basic Meridian Exercises



" A "

L u n g

L a r g e
I n t e s t i n e



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