

FIVE SEASONS FULL BODY

Spring 2022, March-June

Yin Organ: Liver

Yang Organ: Gall Bladder

Color: Green

Element: Wood

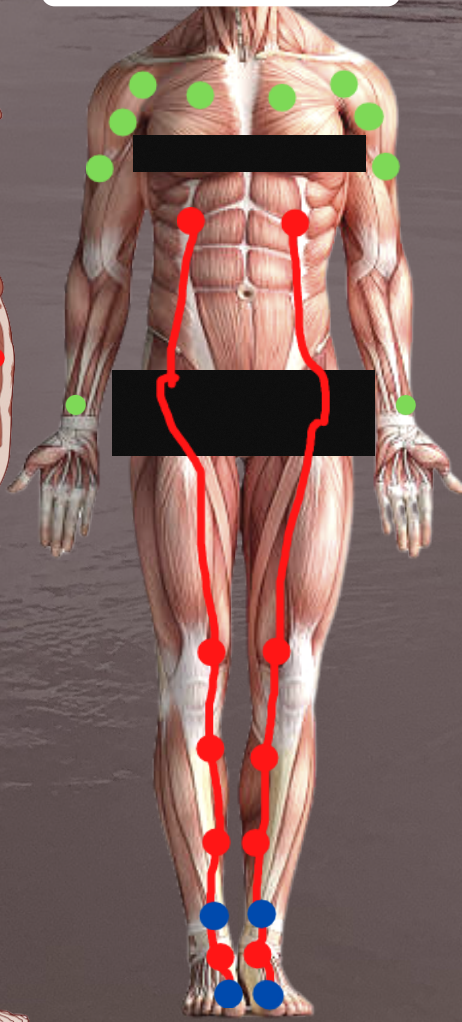
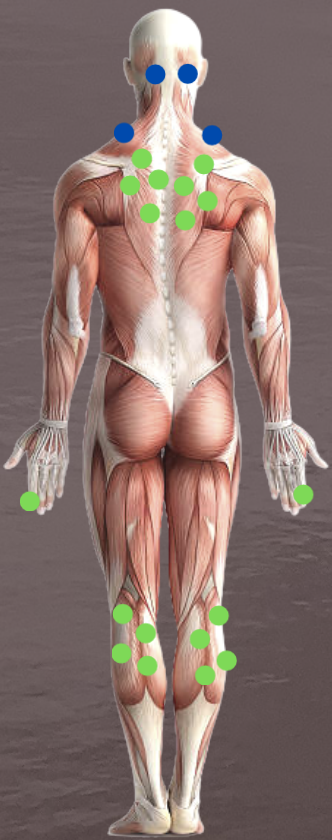
Sound: Shouting

Emotion: Anger

Red=Meridian Pathway

Blue=Potent Points

Green=Balancing areas



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UNDERSTANDING THE OFFERING

massage techniques will be used on muscle tissue following meridians and on balancing areas, and acupressure techniques used on potent points. This offering is a full body massage with an energetic intention (explained below) and various educational components about anatomy and meridian theory.

The liver organ has instruction to:

- absorb, detoxify, digest
- store and distribute nourishment
- filtration

Active energy of the Liver is the ability to reflect and consider all circumstances, giving nourishment and fresh insight to that which bring us closer to our goals.

The gallbladder organ functions as:

- storage and concentration for bile from the liver
- aids digestion, particularly of fats

Digestion and dilution are a few of the subtle energies of the Gall Bladder. It takes the plans the liver has envisioned and puts it to action. This organ incites courage to move forward in decision making with optimism and purpose.