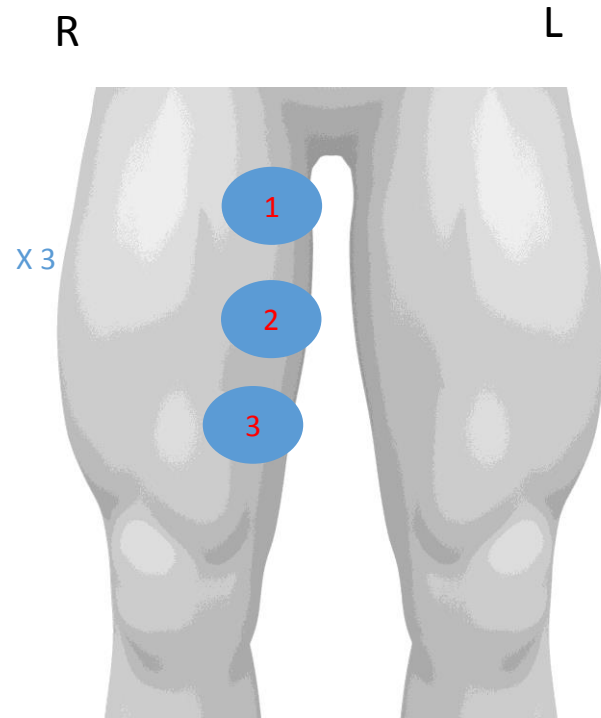


Lie on right



Lie on your right hand side, keep this leg straight, and bend the left leg.

Press point 1, keep holding for a count of 6. Then repeat for point 2 and again for point 3.

Repeat pressing points 1, 2 and 3 in the same order twice more