



Sundara
YOGA & WELLNESS

Tap Into Balance

A Grounding Sequence to Release
Stress & Awaken Your Inner Wisdom



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A gentle tapping sequence to

- ✦ calm your nervous system
- ✦ move stagnant energy
- ✦ reconnect with your inner wisdom

Take a deep breath... let's begin.



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Third Eye Gateway

Place of Inner Wisdom

Tap or gently rest between your brows

✦ Connect to your intuition

✦ Invite calm & clarity

✦ Anchor your awareness



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Grounding Tap – Cheekbones *Stomach Meridian Points*

Tap along your cheekbones

- ✦ Grounds your energy
- ✦ Reduces anxiety & worry
- ✦ Supports emotional balance



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Kidney 27 – Collarbone Tap

Tap just below your collarbones

- ✦ Restores energy flow
- ✦ Eases fear & overwhelm
- ✦ Brings balance & vitality



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Thymus Tap — Upper Chest

Tap the centre of your chest

- ✦ Boosts immune system
- ✦ Increases energy
- ✦ Releases stress

A gentle reset for your whole body



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Spleen Tap – Side Ribs

Tap along the lower sides of your ribs

Supports metabolism & energy

- ✦ Balances emotions & blood sugar
- ✦ Helps you feel grounded & centred

✦ *If you only do one – choose this*



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Stomach 36 — Energy Point

Tap just below & outside the knee

Strengthens immunity

✦ Supports digestion & vitality

✦ Promotes longevity

🕒 *Try 5 minutes every morning*



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Your face & stomach meridian are deeply connected

- ✦ When energy flows → your glow shows
- ✦ Nourish your body → radiance follows

🕒 *Try 5 minutes every morning*



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Save this for your daily ritual

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