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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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# Tap Into Balance

A Grounding Sequence to Release Stress & Awaken Your Inner Wisdom

## Step 1:

### Third Eye Gateway

Place of Inner Wisdom



Tap between the brows to connect with your intuition.

## Step 2:

### Grounding Tap Cheekbones

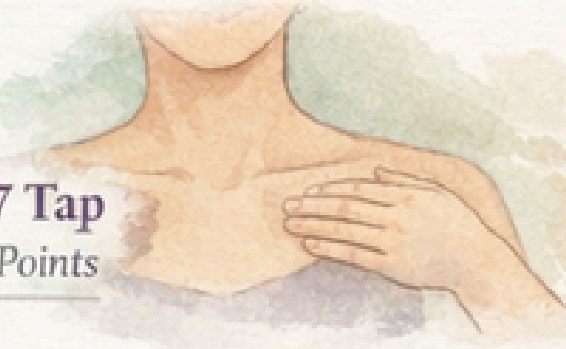


Tap the cheekbones to relieve anxiety & stress.

## Step 3:

### Kidney 27 Tap Collarbone Points

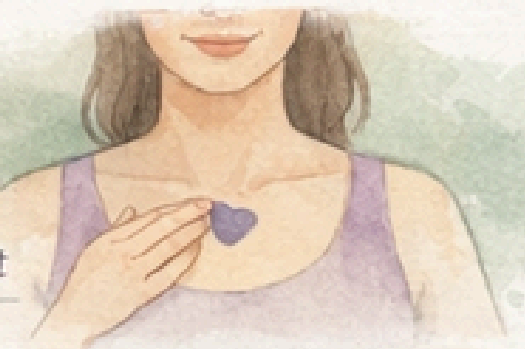
Tap the collarbones to restore balance & calm fear.



## Step 4:

### Thymus Tap Mid Upper Chest

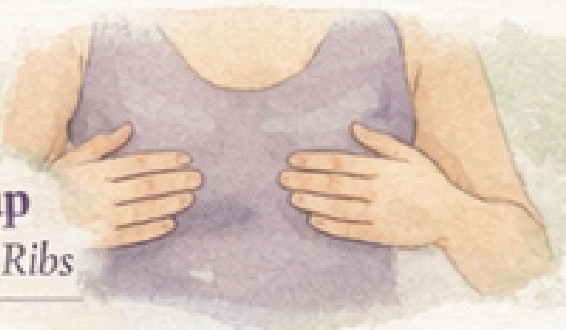
Tap the thymus to boost immunity & energy.



## Step 5:

### Spleen Tap Sides of the Ribs

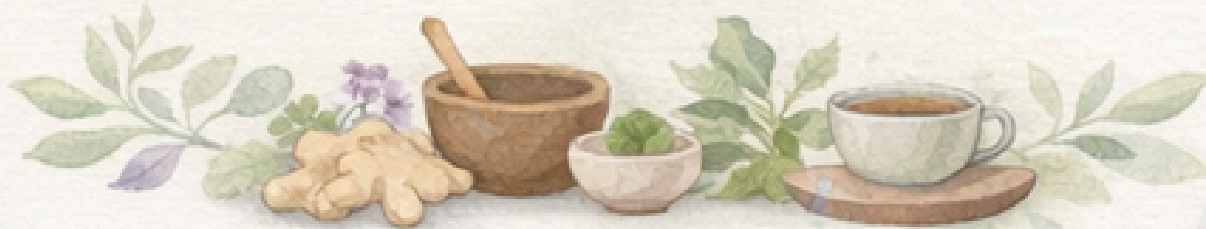
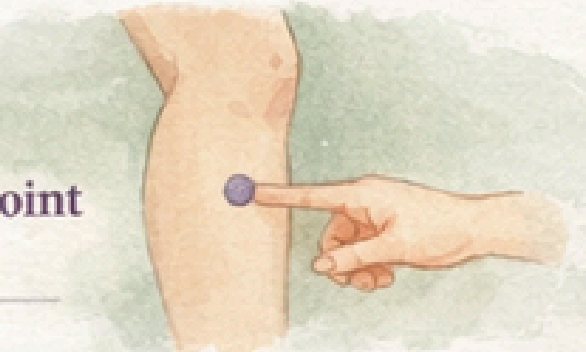
Tap the ribcage to support metabolism & vitality.



## Step 6:

### Stomach 36 Point Zusanli Point

Tap below the knee to revitalize body & mind.



Grounding • Nourishing • Restorative



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