



TOE TIP # 3



K.E.Y. Benefits:

- ✓ *brings awareness to the feet*
- ✓ *focus in Kidney 1 opens energy through all the meridian systems*
- ✓ *all the joints in the body are relaxed in this space*
- ✓ *jumping, pivoting and pushing are simple and powerful*

K.E.Y. Method:

“Bubbling Springs”/ Kidney 1

K.E.Y. Check-YINs:

- ✓ *Stand with feet parallel.*
- ✓ *Feel the 9 points of each foot (Toe Tip #1).*
- ✓ *Rock back into the heels and feel the tightness in the knees and thighs.*
- ✓ *Rock forward into the toes and feel them grip the floor.*
- ✓ *Settle into the center of the foot and feel the relaxation of the body when it finds the place of ease.*

Relaxation and power are both a part of the Bubbling Springs.