

Anterior Torso Massage

Session 15:

1. Colon Massage
2. Small Intestine massage
3. Visceral Lift
4. Diaphragm Release
5. Shoulder Rib Release
6. Four Points around the Umbilical
7. Psoas Major Release
8. Iliacus
9. Hiatal Hernia release
10. MM for Rectus Abdominus
11. MM External Obliques
12. MM Internal Obliques
13. MM for Psoas Major

Session 16:

1. Cupping for Prolapsed Colon
2. Sternum and Vibration
3. Rib Rake
4. Tapotement on Ribs
5. Pectoralis Stretch
6. MM Serratus Anterior
7. MM Pec. Major Clavicular
8. MM Pec. Major Sternal
9. MM Pec. Major Costal Division
10. MM Pec. Minor