

Hand Positions: Front of Body



Takata's system: Head #1
12-15-position system: #1

#1

Hands should be held above the face. You may rest the heels of your hands on the forehead, but take care not to touch the eyes.

- Eyes, sinuses, pituitary gland
- Third eye chakra
- Relieves anxiety and stress
- Aids in concentration and centering



Takata's system: Head #2
12-15-position system: #2

#2

- Brain, ears
- Balances right and left brain
- Headaches, TMJ (temporomandibular joint disorder)
- Seizures, shock, worry
- Assists mental clarity