

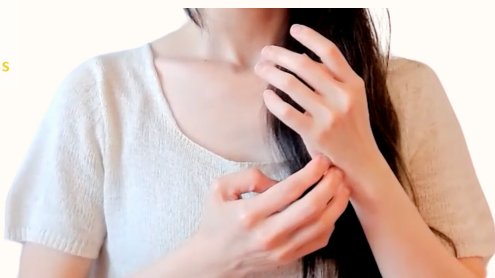


Embodied Healing & Wellness



## 情緒釋放輕敲法：輕敲部位示意圖

1. 手掌外側、尾指根部



2. 眉頭



3. 眉尾/太陽穴



4. 眼肚



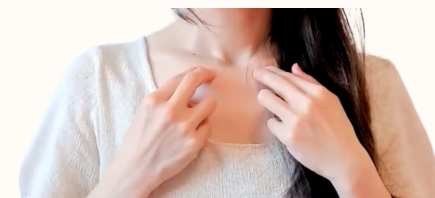
5. 人中



6. 下巴



7. 鎖骨



8. 腋下肋骨



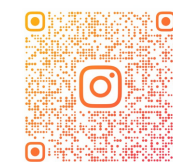
單邊

或兩邊同時敲

9. 頭頂



動作示範: Ada Wong, TCTSY-F, DNSET, E-RYT500, RCYT, YACEP



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