



# Wooden Pillow

**Material:** Paulownia

**Size: S** (11 x 4 ½ x 2¼ inches)

**M**(11 x 5 ½ x 2½ inches)

**L** (11 x 5 ¾ x 2¾ inches )

## ▣ Benefits of Wooden Pillow ▣

*Helps align the neck vertebrae and release tension of the shoulder muscles.*

*Versatile use for head, abdomen, and feet.*

## ▣ How to Use ▣

### 1. Neck (Good for: Headaches, tension relief, and people who cannot sleep well)

- Place the Wooden Pillow flat on the ground. Gently fit the Wooden Pillow on the neck and sway your head side to side. Slightly open the mouth as you breathe out. Try to relax and release the tension in the neck.
- As you progress, bring it more upward above the hair line like image 2 and continue.
- To stimulate major meridian acupuncture points, use the edge like image 3.
- Side of head: Lay on your side, stimulate the temple area above the ears by gently rolling your head side to side like image 4. This practice is excellent for headache relief.



Image 1



Image 2



Image 3



Image 4

### 2. Abdomen

⅓ of our blood is flowing through our abdomen. The intestines are connected with the shoulders.

- Lower Abdomen:** Place the Wooden Pillow below the belly button like image 1. Breathe in and as you breathe out, pushing in the Wooden Pillow to release tension and do intestinal exercise. Move the Wooden Pillow around to stimulate the large intestines.
- Upper/Mid-Abdomen:** Stimulate the middle abdomen by following the horizontal line along the belly button like image 2. For the upper abdomen, put the Wooden Pillow right below the ribs and push in and out with breath to release tension and stagnant energy.
- Deeper Abdomen:** Lie down on your stomach like image 3 and place the Wooden Pillow right above the hip joints. Stimulate lower and upper abdomen by rolling your pelvis side to side. Physically push out as you breathe in and relax as you breathe out letting the Wooden Pillow sink into deep blockages in the abdomen area.



Image 1



Image 2



Image 3



### 3. Feet

In reflexology, the bottom of the feet are connected to our internal organs

- Wear socks before using the Wooden Pillow.
- Step on the Wooden Pillow to stimulate the acupuncture points like image 1.
- For stronger stimulation push one foot into the corner of the Wooden Pillow along the sole, arch, and heel of the foot.



Image 1



Image 2