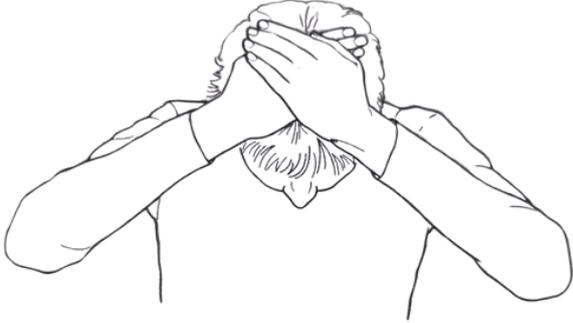

SELF-HEALING HAND POSITIONS

Hand positions on the head:

1



OR



2



3



4



SELF-HEALING HAND POSITIONS

5



OR



Hand positions on the front of the body:

1



OR



2



SELF-HEALING HAND POSITIONS

2

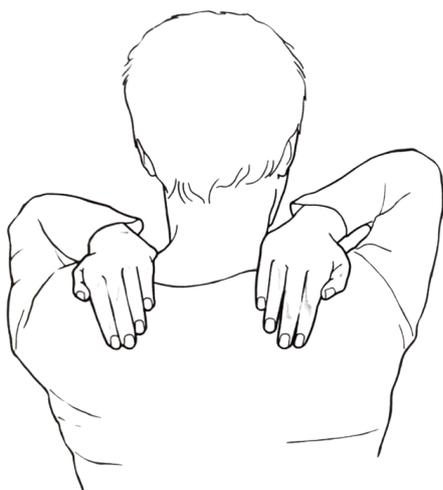


3

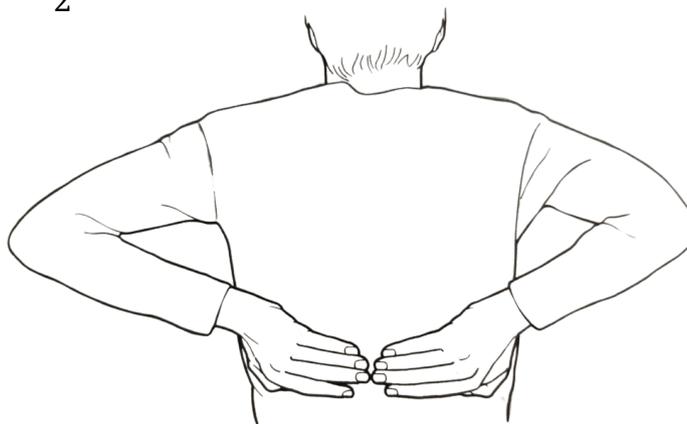


Hand positions on the back of the body:

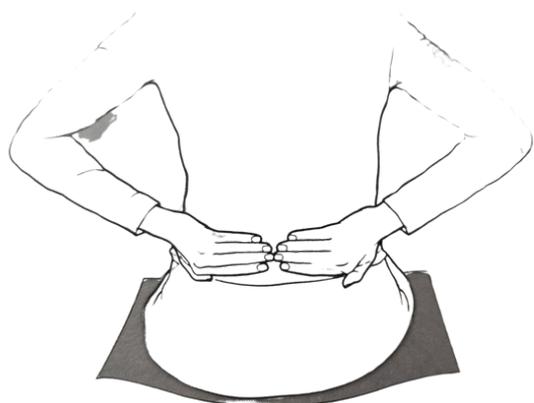
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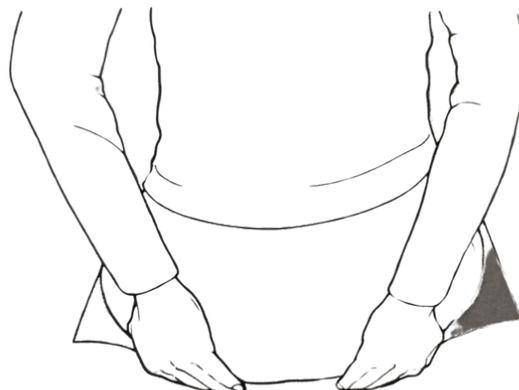
2



3



4



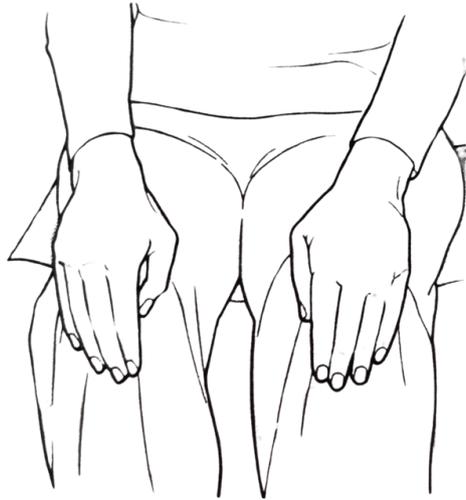
SELF-HEALING HAND POSITIONS

Hand positions on the legs:

1



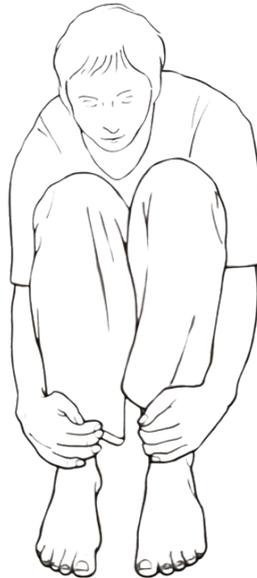
2



3



4



5



SELF-HEALING HAND POSITIONS

Hand positions on the arms:

1



2



3



4

