

*A Systematic Relaxation from the Himalayan Yoga Tradition*  
*61 Points of Relaxation*

1. Point between the eyebrows
2. Hollow of the throat
3. Right shoulder
4. Right elbow
5. Right wrist
6. Tip of right thumb
7. Tip of right index finger
8. Tip of right middle finger
9. Tip of right 4<sup>th</sup> finger
10. Tip of right small finger
11. Right wrist
12. Right elbow
13. Right shoulder
14. Hollow of the throat
15. Left shoulder
16. Left elbow
17. Left wrist
18. Tip of left thumb
19. Tip of left index finger
20. Tip of left middle finger
21. Tip of left 4<sup>th</sup> finger
22. Tip of left small finger
23. Left wrist
24. Left elbow
25. Left shoulder
26. Hollow of the throat
27. Center of the chest
28. Right side of chest
29. Center of the chest
30. Left side of chest
31. Center of the chest
32. Navel
33. Center of the pelvis

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34. Right hip
35. Right knee
36. Right ankle
37. Tip of right first toe
38. Tip of right second toe
39. Tip of right third toe
40. Tip of right fourth toe
41. Tip of right fifth toe
42. Right ankle
43. Right knee
44. Right hip
45. Center of the pelvis
46. Left hip
47. Left knee
48. Left ankle
49. Tip of left first toe
50. Tip of left second toe
51. Tip of left third toe
52. Tip of left fourth toe
53. Tip of left fifth toe
54. Left ankle
55. Left knee
56. Left hip
57. Center of the pelvis
58. Navel Center
59. Heart Center
60. Throat Center
61. Brain Center