

## *Gall Bladder Leg Opening Meridian Exercises*

### **(Stretching & Releasing Slowly)**

- 1) *On Back - Leg Up - Lean to Right – Lean to Left (10x)*
- 2) *Standing - Hands & Arms Raised Above - Stretch Side to Side (10x)*
- 3) *Standing – Lean Forward – Legs Straight using Body Weight to Release (10x)*