

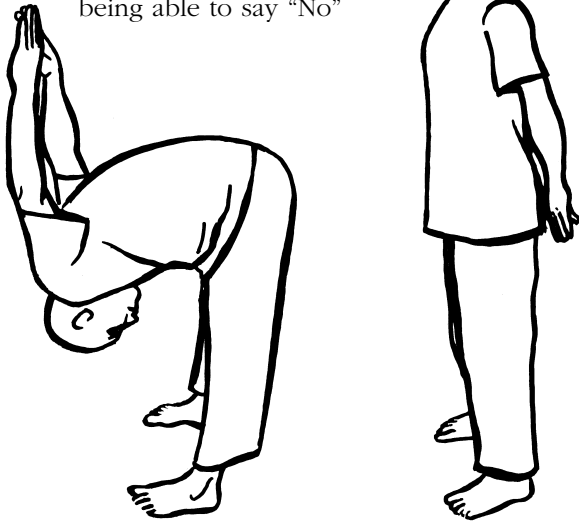
# Makka Ho Stretches

The Makka Ho stretches were devised to stretch the pairs of meridians relating to each element (in Traditional Chinese Medicine) in turn. Doing these stretches allows us to balance and support our energetic systems. I was introduced to this sequence by the Nevermind School of Shiatsu and Energy Work.

1

## Metal - Lung and Large Intestine Meridians

Lung is metal (yin)  
Large Intestine metal (yang)  
Metal is about boundaries -  
being able to say "No"



Stand with feet shoulder width apart. Hook thumbs together behind back. Bend forward allowing top of head to point towards the floor and lifting hands as high as is comfortable. Allow neck to relax and head to hang softly. To increase stretch, lift hands higher on out breath.

Return to standing by allowing knees to go off lock. Start to bring hands down and straighten back slowly. Keep chin on chest and unfurl one vertebrae at a time. Finally increase stretch across your chest, raise face to sky and smile. Repeat again from beginning, but reverse the way your thumbs are hooked.

2

## Earth - Stomach and Spleen Meridians

Stomach is earth (yin), Spleen is earth (yang)  
Earth is about nourishment and being earthed.  
Earth is the mother.

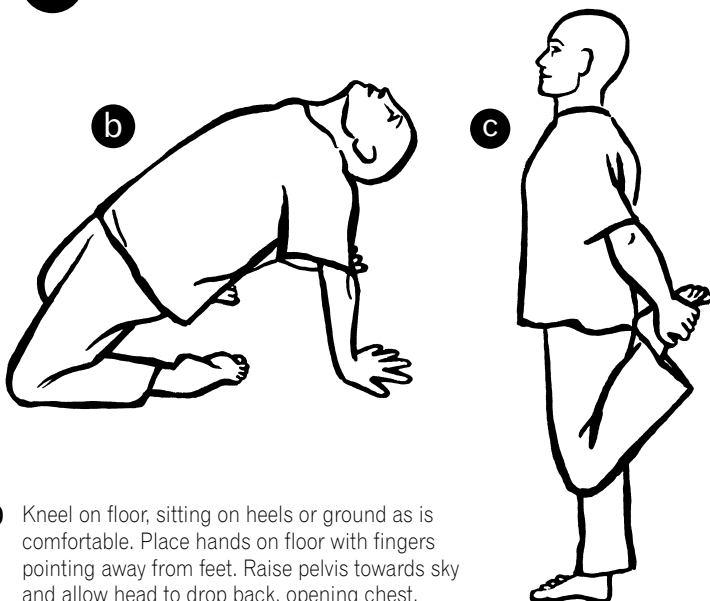


a

This stretch can be very challenging. Be sure not to put too much pressure on your knees and lower back, and choose a more comfortable alternative (b or c) to suit your level of flexibility.

a) Start by kneeling on the floor. Allow your sitting bones to touch the ground (if this is too much try b. or c.). Using your hands and arms to support you, lower yourself down until your back is on the ground (if there is too much pressure in your lower back use b. or c.). Then open chest and allow arms to rest on floor with hands above head.

2



b) Kneel on floor, sitting on heels or ground as is comfortable. Place hands on floor with fingers pointing away from feet. Raise pelvis towards sky and allow head to drop back, opening chest.

c) Using chair or table for support, stand on one leg and grasp top of foot. Keeping hips level increase the stretch by pulling on foot and opening chest.



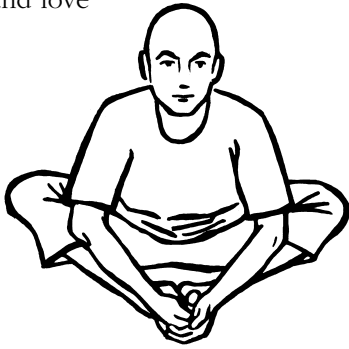
### 2nd phase - Child's Pose

Kneel on floor and bend forwards.  
Tuck chin in and rest head on ground.  
Allow arms to relax and feel gentle stretch across back.

3

### Fire - Heart and Small Intestine Meridians

Heart is fire (yin), Small Intestine is fire (yang)  
Fire is about truth, courage and love

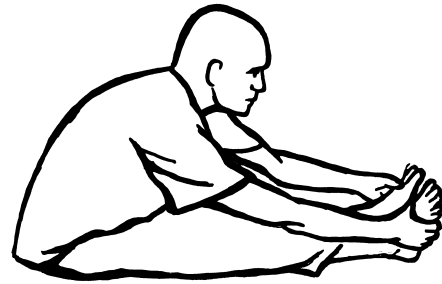


Sit on ground with soles of feet touching. Grasp toes and stretch forwards, leading with heart, and opening chest. Eyes should look forward with soft gaze. The stretch should originate from your sacrum and allow your heart to open. Your knees can be pushed gently towards the ground with your elbows, allowing more opening and increasing the stretch if desired.

4

### Water - Kidney and Bladder Meridians

Kidney is water (yin), Bladder is water (yang)  
Water is about spontaneity, play and oomph! (will)



Sit on ground with legs in front of you. Lean forward and reach with hands towards feet. Allow hands to rest where is comfortable. Increase stretch by bending further with out breath. Make connection between eyes and little toes with a soft gaze.

5

### Secondary Fire - Triple Heater and Heart Protector

Secondary Fire is about integration, connections and communication.



Sit on ground with legs crossed. Mirror legs with arms, ie. if right leg is on outside, the right arm is also on the outside. Rest hands on knees. Breathing out, tuck chin to chest and sink in and downwards towards sitting bones. The stretch in your arms and legs can be increased by pushing down onto your knees (gently).



#### 2nd Phase

Slide hands to outside of knees, grasp hold and pull to give stretch across back of shoulders and arms. Release and repeat with arms and legs swapped over, ie. left arm and leg are now on the outside.

6

### Wood - Liver and Gall Bladder Meridians

Liver is wood (yin), Gall Bladder is wood (yang)  
Wood is about the smooth flow of energy, planning and having an overview.  
Wood is the father of the cycle.

Sit on ground with legs open as wide as is comfortable. Breathing out and keeping chest open, lean right ear towards right knee, and allow left arm to come over head to increase stretch. Release and repeat on other side.

