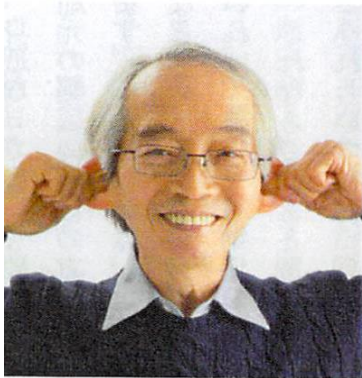


# Ear Yoga and Massage yoga in your free time

Simple as stimulating the body part or point with your hands! It's important to continue the two yogas that you can easily do anywhere and anytime every day.

**Ear Yoga Eliminate body-wide upsets with easy ear stimulation**



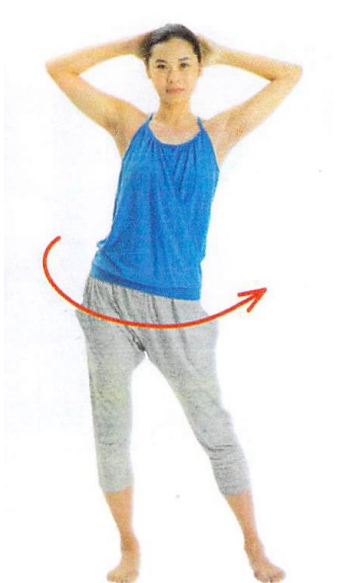
## Tatsumura Osamu

Director of Tatsumura Yoga Research Institute

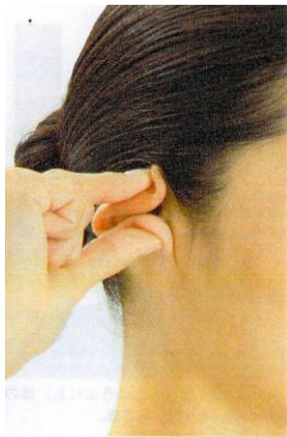
***Stimulating the ears raises vitality and health.***

Based on 40 years of yoga teaching experience, he teaches various yogas such as ear yoga. He has written many books such as "Tatsumura-style Ear Yoga Health Regime" (Nippon Publishing)

## Stimulating the middle of the ear can change the movement of the waist!



1. Spread both legs to about shoulders width, grasp your hands behind your head, and rotate the hips without moving the upper body.



2. Fold the top and bottom part of the ears and stick them together. If there's pain, you may have a lower back problem.



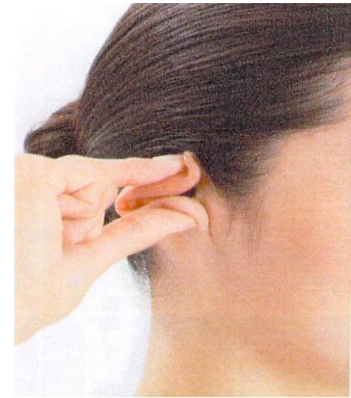
3. While exhaling, grab the middle part of the ear with your fingers and loosen counting "1, 2, 3."



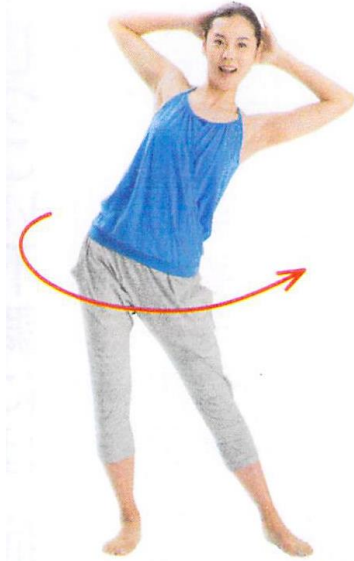
4. Finally, pull your ears to the side and release your fingers. Repeatedly release and massage several times.



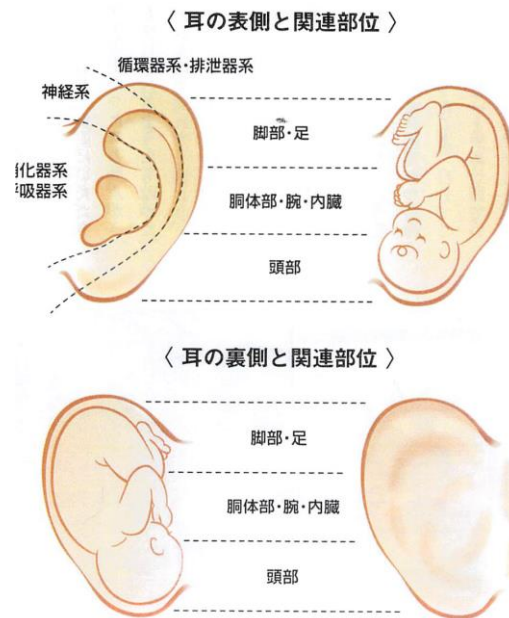
5. Put your ears between your index finger and middle finger and move them up and down while exhaling.



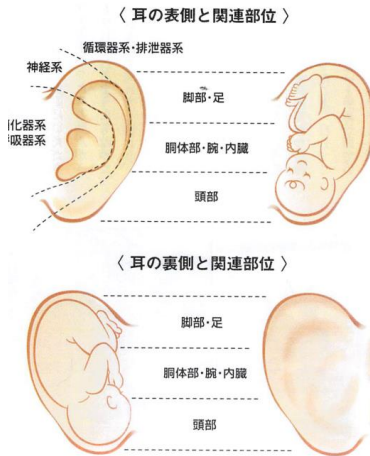
6. Finally, once again, try folding your ears together again. The sensation may be different from the beginning.



7. Try turning your hips again. The movement is larger and smoother than when it was first turned.



The ears are rarely thoroughly touched. However, it is known that this body part is a treasure trove of acupuncture points in Oriental medicine and is closely related to health. Osamu Tatsumura devised “ear yoga” based on this idea. “In Oriental medicine, there is the idea of “microsystems” where the entire body is represented in parts such as the hands and feet. The ears are also the same, and the whole body is projected like an inverted fetus.” The upper part of the ear is the whole leg, middle part is the torso and arms, while the lower part is the head.



**Upper ear is related to -> entire leg**

**Middle ear -> torso**

**Lower ear -> head**

**Front of the ear -> internal organs and nervous system**

**Bulging part of the back side of the ear -> spine**

If there is an area that is stiff or hard, there may be an issue in the related area.

"Also, the ear is the kidney in the five organs. In fact, the shape of the ear is like the shape of a broad bean-shaped kidney. In Oriental medicine, the kidney is an organ related to vitality and longevity, so stimulating the ear will lead to boosting life activities. "

In addition, by relaxing the stiffness of the ears, it is possible to improve the circulation of the mind, improve the distortion of the body and skull, relieve pain, and improve flexibility. "Most people think that they can't improve their body distortion and develop flexibility without doing flexible exercises." The advantage is that you can easily do "ear yoga" anytime, anywhere. If you continue every day, you will surely get a flexible body.

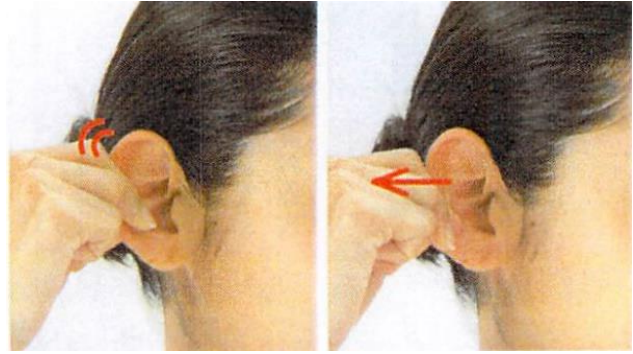
**Experience the connection between your ears and your whole body with a quick test!**

Start by experiencing the effects of ear yoga from the first two pages. First, turn your hips and check the parts that are difficult to move. Next, after stimulating the ears, rotate the hips again. Notice how your hips change before and after ear stimulation. If you want to experience more effects, try the four methods below, the basics of "ear yoga". "The basic course alone will improve most of your upsets. In addition, if you have a place where you feel very upset, try ear yoga by condition." Ear yoga by symptom will be introduced on the next page.

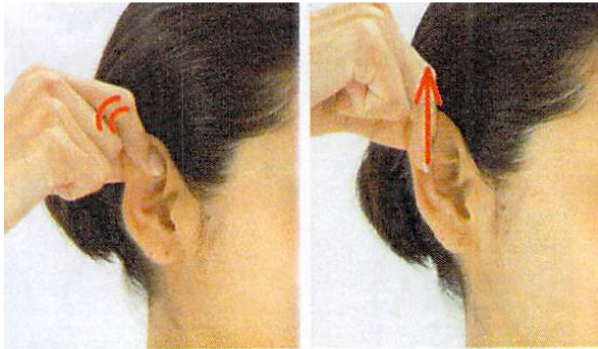
**Improve your health with the four basic courses of "ear yoga"**

## Upper body

The upper part of the ear is the place related to the whole leg. It is especially effective for people who tend to swell their legs, feel pain in their knees when walking, or suffer from hip pain.



1. Massage the upper part of both ears with your thumb and index finger while exhaling.
2. Take a breath and pull the ears up when exhaling. Do 1 and 2 several times.



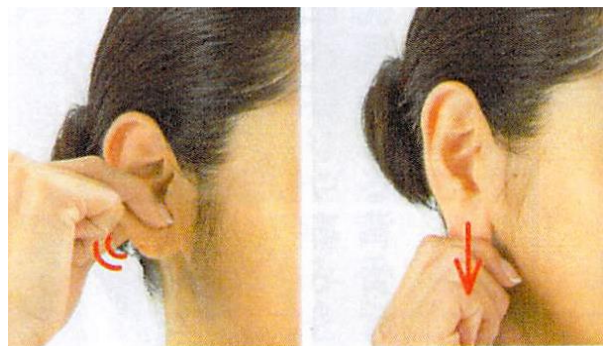
## Middle body

The back side of the middle part of the ear is around the scapular bone to the waist, the inner side of the front ear is the digestive system, and the outside side is the part related to the excretion and circulatory system. Effective for improving stiff shoulders, lower back pain, and internal organ disorders.

1. Exhale while massaging the middle of both ears with your thumb and index finger.
2. Take a breath and exhale again and pull your ears to the side. Do 1 and 2 several times.

## Lower body

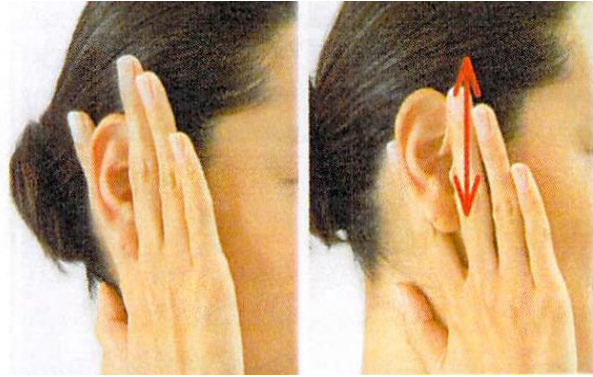
The lower part of the ear is the part of the baby's body that is the largest, the head. If it is hard and stiff, it is likely that you are experiencing symptoms such as eyestrain, headaches, and stiff neck.



1. Squeeze the lower part of both ears with your thumb and index finger while exhaling.
2. Take a breath, exhale again and pull down. Do 1 and 2 several times.

## Entire body

Finally, stimulate the entire ear. By promoting blood circulation in the entire body, you can expect effects such as improving coldness of the body and concentration, eliminating stress, and refreshing drowsiness.



1. Sandwich both ears with your middle finger and index finger, and put your palm on your cheek.
2. Exhale and move your hands up and down until your entire ear is hot.

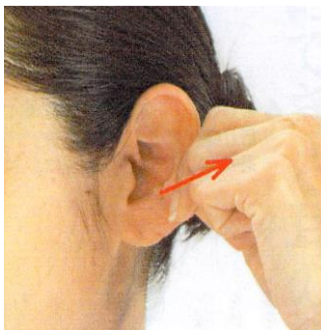
**For persistent disorders, use pinpoint treatment with symptom-specific ear yoga.**



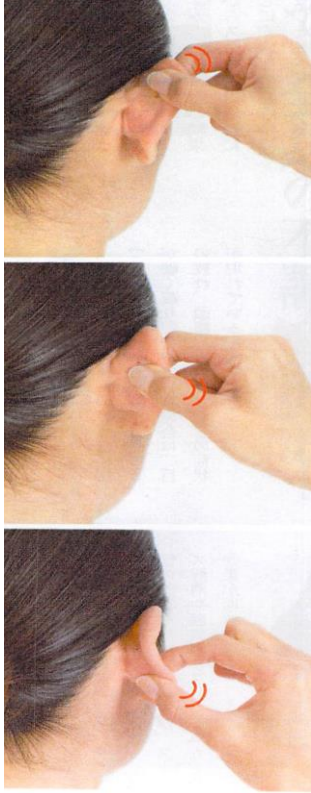
### [Stiff shoulders]

If you want to get rid of stubborn stiff shoulders, target the middle of your ears.

1. Grasp the middle of both ears with your thumb and index finger and rotate while exhaling.



2. Hold your breath and exhale again, slightly tilting and pulling upwards. Repeat 1 and 2 several times.



### **[Back issues]**

The spine line that's on the back of the ear relieves stiffness and pain in the back.

1. Grasp the upper part of your ear with your thumb and index finger, and exhale while massaging around the bulge on the back.
2. You can also move your finger to the middle. Don't forget to exhale.
3. At the end, rub the bottom. If there is a hardness, stimulate that part intensively.



### **[Hip/back issues]**

When twisting the waist is difficult and painful. In such a case, twist your ears.

1. Grasp the middle of both ears with your thumb and index finger and twist your left ear toward you and your right ear backwards.
2. Now twist each to the opposite side. Repeat steps 1 and 2 several times while exhaling.



### **[Eye issues]**

If your eyes feel tired, practice immediately! Promote your blood circulation and eliminate tired eyes on the spot.

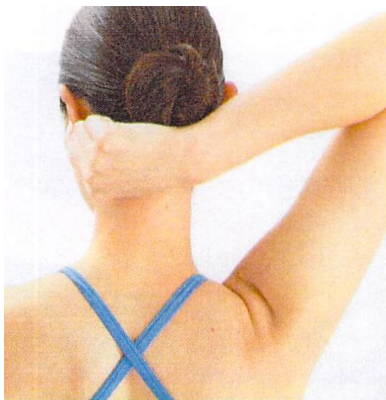
1. Grasp the earlobe with your thumb and index finger and pull in various directions while exhaling.



2. Look for a direction that is irritating to the eyes and pull out your finger while exhaling strongly.

### **[Neck issues]**

For dull movement of the neck, pain, and sprained neck. Stimulate one by one to adjust the flow of your energy.



1. Bring your right hand from behind your neck and grab the middle of your left ear with your thumb and index finger.



2. While exhaling, turn your neck and at the same time pull your ears backwards. Do the other side too.



## **[Ear issues]**

While promoting blood circulation around the ears, try focusing your mind on hearing.

1. Sandwich your ear with your index and middle finger by sliding the index behind the ear with both hands and rub 100 times, conscious of exhaling.

2. Next, put your hands together and rub them about 100 times while breathing.

3. Move the center of your palm closer to and away from your ear canal and take a deep breath when you hear a "subway" sound.

## **[Constipation]**

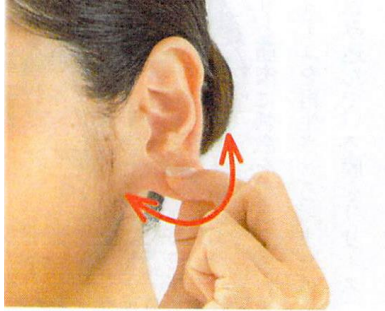
The outer border of the front ear is the part related to excretory function. Say goodbye to constipation by massaging firmly.

1. Hold the upper and outer border of both ears with your thumb and index finger, and exhale while massaging.

2. Then lower your fingers to massage the middle portion. Be conscious of exhaling.

3. Finally, loosen the lower part of the ear. If you make it a daily habit, your bowel movements will thank you.





### **[Relax your mind and body]**

When you're stressed, it's most likely to show in your neck. If you loosen it enough, you can relax your mind and body.

1. Grasp the lower part of your left ear with your thumb and index finger and move it back and forth while exhaling.



2. Next, while exhaling, gently pull down on your left ear and tilt your head to take a deep breath.



3. Finally, with your ears pulled, exhale and tilt your head to the right. Do the other side too.