

ARMPIT DRAINAGE SCRIPT

Armpit Drainage is a lymphatic exercise that involves gentle massage techniques to stimulate lymph flow in the axillary (armpit) region. This area contains a high concentration of lymph nodes responsible for filtering toxins.

Here are the steps of the Energy Flow® Armpit Drainage exercise:

1. Put firm pressure on the area right under your armpit.
2. Massage in a circular motion. It can be painful for some.
3. Repeat on the other side.

This area has spleen, lung, heart, and pericardium connections. It can hold a lot of stagnation and trauma. This exercise helps release it.

Reflection questions:

1. What sensations did you notice while applying pressure and circular movement under the arm?
2. Did one side feel different from the other during the exercise?
3. After completing both sides, how did your upper body feel overall?