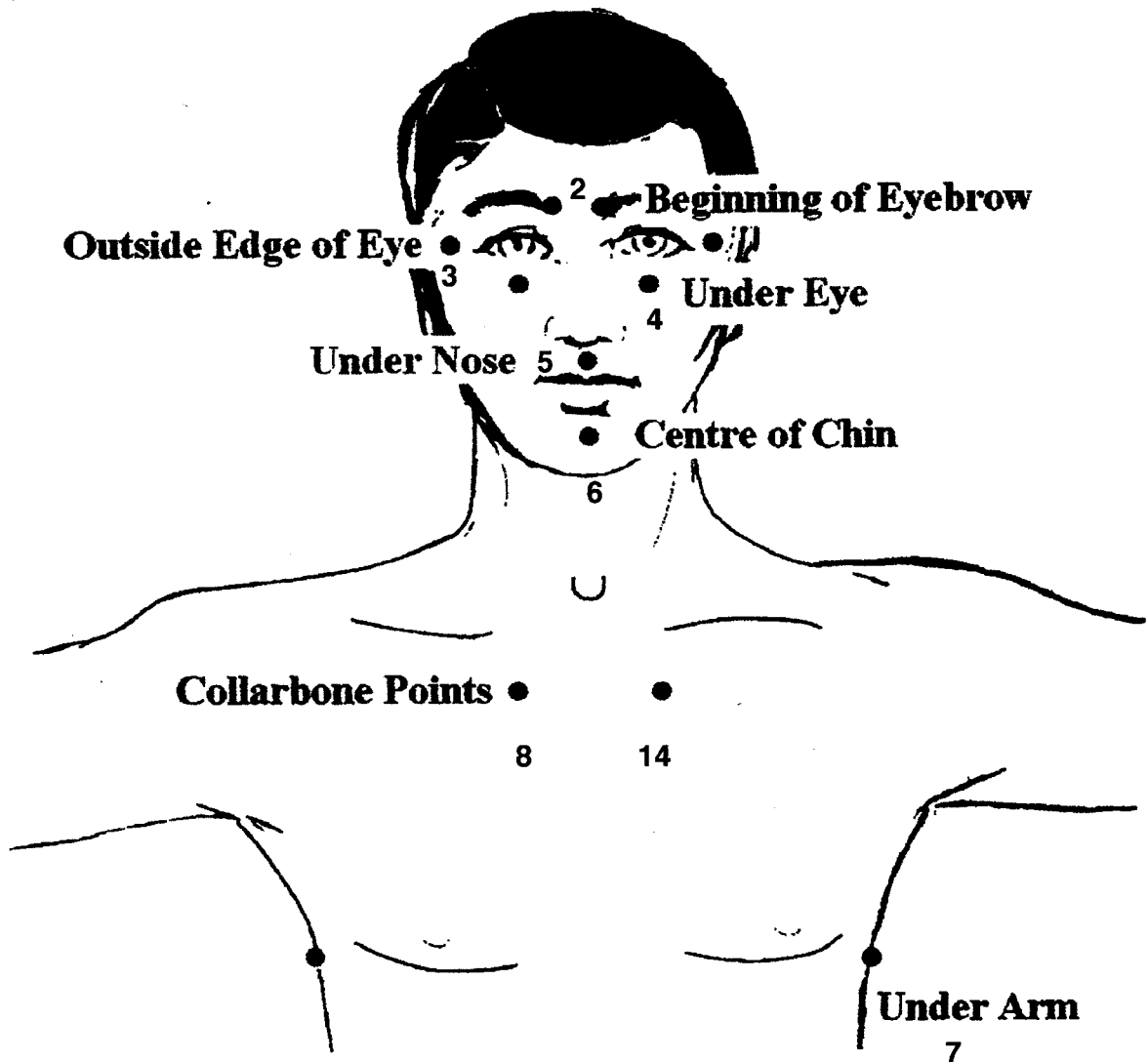


Trauma Tapping Technique

<http://peacefulheart.se/trauma-tapping-technique/>

Treatment Points
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Instructions: 2-3 Rounds Recommended

Take one deep breath and slowly exhale.
Do one round of 15 taps in the order of each location (1-14).
Take two deep breaths and slowly exhale.
Do another round of 15 taps in the order of each location (1-14).
Take two deep breaths and slowly exhale.

