



## Tailbone Tapping

### **Benefits:**

This exercise strengthens one's kidney energy, as well as helps with weight loss, bringing energy into the body, promoting clarity of mind, and reducing mental fatigue.

### **How to perform this exercise:**

- While standing, lean your head and neck forward so there is a slight curve to your spine.
- Pat the tailbone and sacrum area with cupped hands or loose fists.

The exercise opens the bottom half of the body. This can open the reproductive channels to assist with pregnancy, and the healing of prostate cancer and fibrous tumors in the ovaries.

