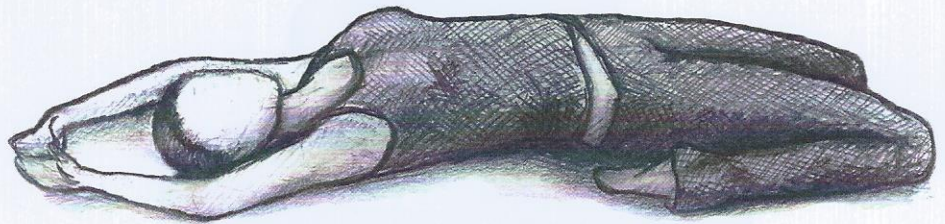


# Meridian-Übungen



*Lunge / Dickdarm*  
Metall

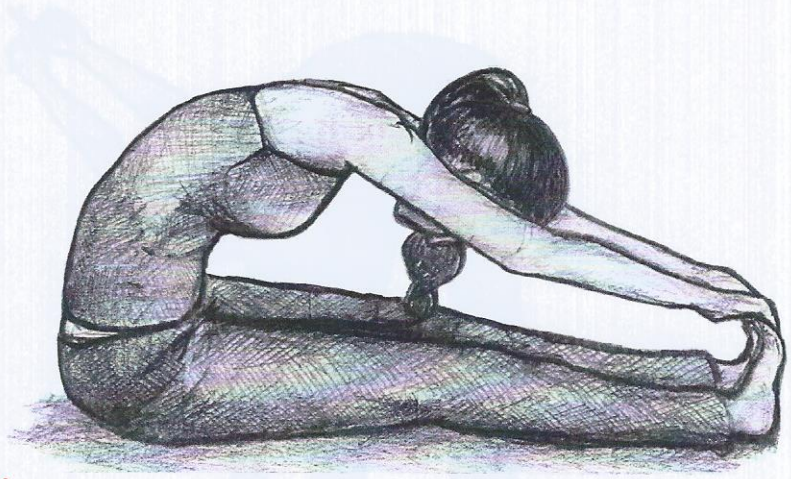


*Magen / Milz*  
Erde



*Herz / Dünndarm*  
Feuer

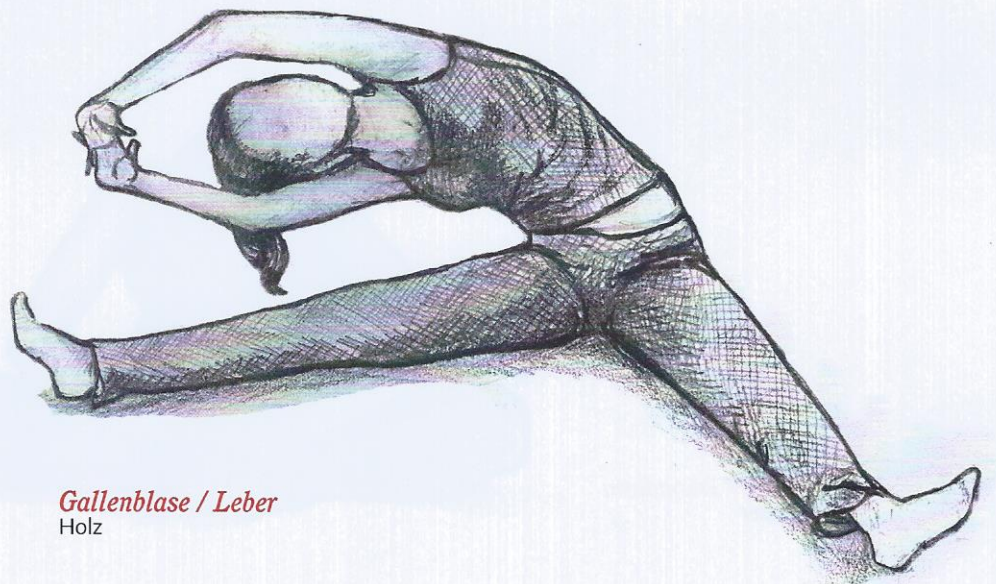




*Blase / Niere*  
Wasser



*Perikard / Dreifacherwärmer*  
Ergänzungsfeuer



*Gallenblase / Leber*  
Holz

Association Suisse de Shiatsu  
Shiatsu Gesellschaft Schweiz

POB 350  
CH-5430 Wettingen 1  
T 056 472 15 73  
F 056 472 15 09  
gs@shiatsuverband.ch  
www.shiatsuverband.ch