



The Pericardium “PC”/ Tripple Heater Meridian Stretch

The **Pericardium** is known as the castle of the heart, it is a membrane surrounding the heart.

It's main function is to protect the heart. In TCM (Traditional Chinese Medicine) there is a very strong connection with the pericardium and the mind.

The **Tripple Heater** is not a real organ. It is a division of the abdomen. This meridian connects to three sections. The upper, middle and lower burners. In each of these areas of the torso we find certain organs.

It's functions are to govern various forms of qi and serve passage of yang qi and body fluids. The triple warmer has a direct link to water metabolism and the body.

The upper heater (chest) has the function of taking in air, water and food. The middle heater (upper abdomen) is in charge of transforming digested food and its nutrients. The lower Heater (lower abdomen) has the function of eliminating waste and superfluous water.

EXERCISE INSTRUCTIONS

This exercise can be done anywhere and for comfort it is recommended to sit on a matt or carpeted surface. There is no right or wrong way to start this Stretch.

1. Sit comfortably on the ground. Sit evenly on your sit bones.
2. Cross your legs in the direction that feels most natural. The leg that is in front will mirror the arm that will also be crossed in front. As you can see in the above picture, I have begun with my right arm and right leg crossed in front.
3. Before folding forward at the hips, place each hand on the opposite knee (sides of knees) and breathe.
4. While connecting to your breath, hold gently onto your knees, tuck your chin to your chest softly and slowly breathe and fold forward. Some people like to relax more into the curve of their spine. Others prefer to hold their

spine in a relax position, with less of a curve forward. You want to fold forward, as if you could touch your fore head on the ground in front of you.

5. DO NOT FORCE YOUR BODY TO STRETCH FURTHER THEN YOU ARE ABLE.
6. The area that you may feel a gentle stretch in, is your hips, again remain evenly waited on both sit bones. You want to feel this stretch along the midline of the front and/or back of your arms, into your shoulders and across your upper back. Depending on how open or tight you are, this sensation changes each time you do the stretch.
7. Continue to breathe and be aware of where you feel any tightness or tension. Breathe into that area and encourage it to let go.
8. It is up to you, how long you remain in this stretch. When you finish with the side you began with, then you will switch and cross the opposite leg and mirrored arm in front. And follow the same steps to gently stretch the opposite side.

As you can see, this exercise is very relaxing and even your pet may join you and share in the moment of self-care.

- Breathing through this stretch will help balance the core emotions of the heart and calm the mind, while supporting all other body function in the three heaters.