



## PALM PUSH THERAPY

### Who can do it?



Everyone

### When can you do it?



Whenever you need a stretch and smile

### How to do it?



- Join your palms together as a Namaste in front of you.
- From that position twist your palms in opposite directions so that both palms can hug each other.
- Press them together for 10 seconds and then release.
- Repeat the same 2 to 3 times.

### How will it help and expected outcomes?



- Palm therapy helps relieve stress and anxiety.
- Also helps strengthen shoulder muscles.

### Resources required?

Yourself