

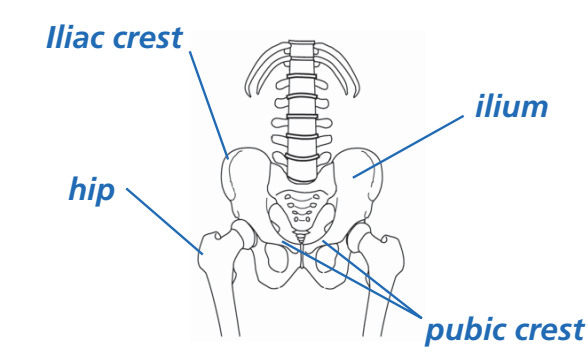


BodyTalk Reciprocals

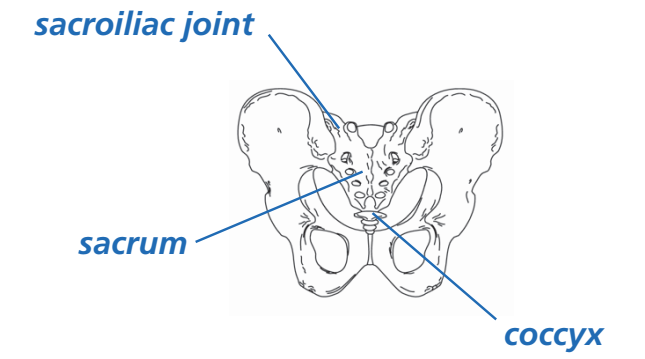
Reference Guide

Upper Body To Lower Body

- ① Upper Shoulder to Iliac Crest (top of the hip bone at the waistline)
- ② Shoulder Tip to Hip (trochanter of femur – boney bump about 8 inches down from the waist – sometimes called the hip pointer)
- ③ Shoulder Front to Front of Hip
- ④ Shoulder Back (shoulder blade) to Back of Hip (sitting bone)
- ⑤ Elbow to Knee
- ⑥ Wrist to Ankle
- ⑦ Navel to Coccyx (tail bone)



Front of Hip



Back of Hip



1

Upper Shoulder to Iliac Crest

2

Shoulder Tip to Hip

3

Shoulder Front to Front Of Hip

4

Shoulder Back to Back Of Hip

5

Elbow to Knee

6

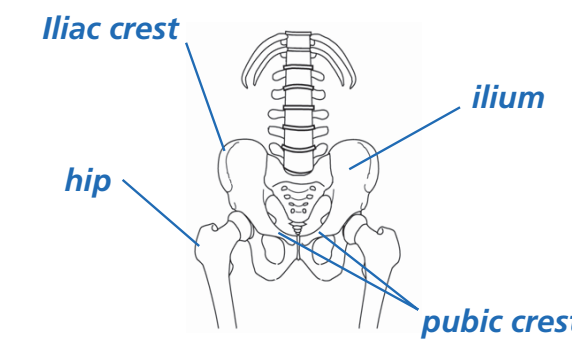
Wrist to Ankle

7

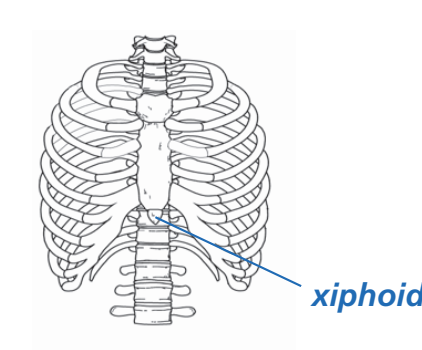
Navel to Coccyx

Head To Body

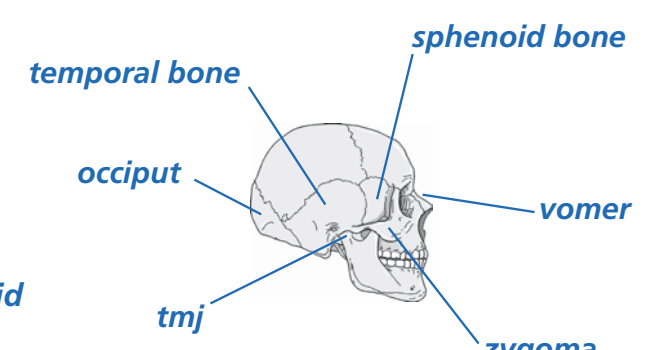
- ⑧ Vomer (bone inside the nose) to Xiphoid (bottom of sternum or breast bone)
- ⑨ Temporal bone (side of head) to Ilium (whole hip bone)
- ⑩ Zygoma (cheek bones) to Pubic Crest (top front of the pubic bone)
- ⑪ Mouth to Navel
- ⑫ Ear to Axilla (armpit)
- ⑬ Eye to Nipple



Front of Hip



Chest



Skull



8

Vomer to Xiphoid

9

Temporal Bone to Ilium

10

Zygoma to Pubic Crest

11

Mouth to Navel

12

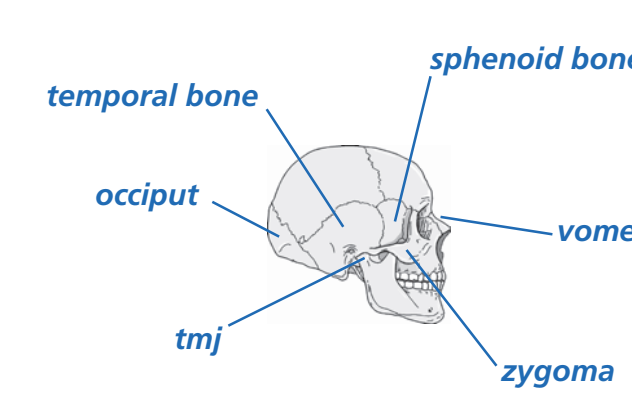
Ear to Axilla

13

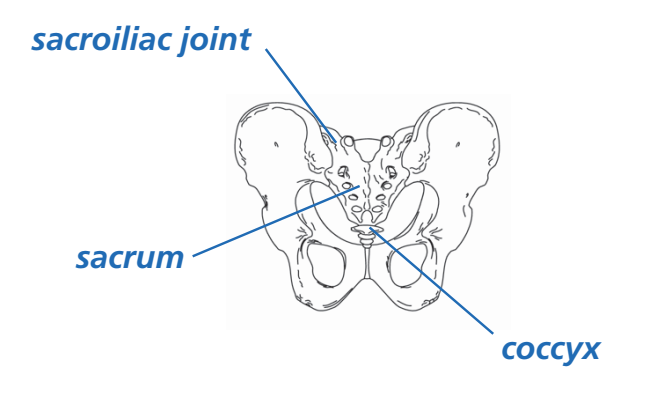
Eye to Nipple

Head To Spinal Complex

- ⑭ Temporomandibular Joint (TMJ – located in front of the ear) to Sacroiliac Joint (below the 'dimples' of the sacrum)
- ⑮ Sphenoid (temple) to Coccyx (tail bone)
- ⑯ Occiput (back of head) to Sacrum (base of spine, below waist)
- ⑰ Upper Spine to Lower Spine



Skull



Back of Hip



14

TMJ to Sacroiliac

15

Sphenoid to Coccyx

16

Occiput to Sacrum

Part 1

Part 2

17

Upper Spine to Lower Spine

Part 3