



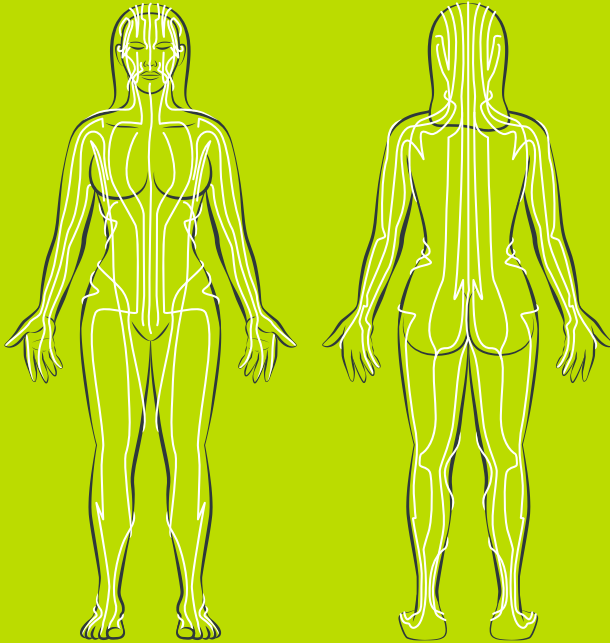
Ki Acupressure Mat & Pillow Set

Instruction Manual & Therapy Guide



The Story of Ki

Ki, also known as Qi/Chi or Prana is the life force energy that exists in everything inside & outside of us. It is what gives life! Ki moves in within our bodies along meridian lines, acting as channels for this life force energy to flow through and to our organs & muscles.



When Ki is imbalanced, we experience health conditions, muscle/joint pain, anxiety & bodily discomfort. Energy can also be affected when we sustain injuries that prevent the body from functioning normally. Acupuncture is the common method of holistic healing to treat such conditions by removing energy blocks and rebalancing the flow of Ki in the body.

To bring holistic wellness to the home, acupressure therapy mimics the effects of acupuncture through the stimulation of pressure points along your body's meridian lines. Rather than needles, the pointed discs on the mat & pillow offer just enough pressure to release tension, remove energy blocks & help calm the mind.

We hope you enjoy your at-home acupressure therapy treatment, read on for usage & exercise tips!



Ki Mandala
"The Circle of Energy"

Helping you relax the body & mind

Creating a sense of well-being

Cultivating inner peace

Promoting healing

Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Ki Acupressure Mat & Pillow. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using the ProsourceFit Ki Acupressure Mat & Pillow discontinue use and consult your physician.

Please use caution & carefully follow all therapy instructions and use proper technique when using our Ki Acupressure Mat & Pillow. Always modify poses as needed for your fitness level.

Use & Safety Instructions

1. Take caution when getting on & off of the mat, the pressure points are very sharp.
2. You may experience some initial discomfort. Breathe deeply and relax, the discomfort should diminish within a few minutes, allowing you to experience the healing benefits of acupressure. If discomfort continues, stop use immediately and consult your physician.
3. For best results, lie on the mat with bare skin. You can also wear light clothing or use a thin sheet on top of the mat until your body gets accustomed to the sensation.

Care Instructions

1. Do not machine wash or dry, as this may damage the pressure point buttons. Drip dry only.
2. Remove the coconut fiber core and gently hand wash the organic linen cover. You may also turn the organic linen cover inside-out to clean.
3. Store your Ki Acupressure Mat and Pillow in a cool, dry place.

Acupressure Therapy Relief Made Easy at Home

The ProsourceFit Ki Acupressure Mat & Pillow set activates pressure points along the body's meridian lines, providing vast self-healing benefits including:

Stimulates feel-good
endorphins

Promotes
blood circulation

Reduced pain &
muscle tension

Stress
relief

Increased
energy

Improved
sleep

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

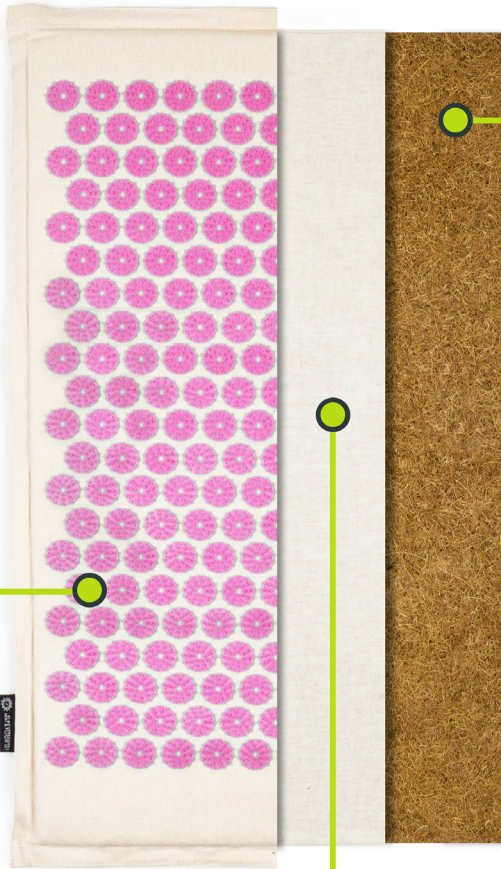
Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (855) 552-2637** and we will be happy to help you.



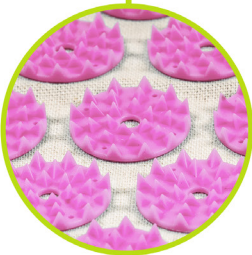
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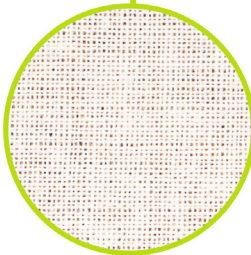
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Yogi Bunch



**7,911 UNIQUE SPIKES
ON MAT & PILLOW**



**100%
NATURAL LINEN**



**100% NATURAL
COCONUT FIBER**

THERAPY GUIDE

NECK & BACK



Soothes back pain, neck/shoulder tension, and headaches. Reduces stress, promotes relaxation and sleep.

1. Lie on a flat surface with your back on the mat & pillow directly under your neck.
2. For more lower-back contact, bend knees with feet flat on the floor in front of you.
3. Time: **Beginners** = 10 - 20 minutes. **Intermediate/Advanced** = Up to 45 minutes

FEET



Relieves tired feet and provides a sense of rejuvenation and increased energy – a great way to start your day.

1. Stand on the mat or sit in a chair with feet on the pillow
2. Time: 5–10 minutes.

CHEST & ABDOMINAL



Facilitates recovery after workouts, aids digestion, and promotes circulation in respiratory muscles.

1. Lie on your stomach with head off of the mat, resting on hands or pillow (linen side).
2. You may move up or down for the most comfortable position.
3. Time: 10 – 20 minutes.

Optional: Lie with one cheek on the mat or pillow (acupressure points side) at the same time to relax the face and jaw

LOWER BACK & BUTTOCKS



Relieves lower body tension, facilitates recovery after lower-body workouts, promotes good posture. Great for using at the office or traveling on a plane.

CHAIR:

1. Place the mat on a chair with a slight fold, so your gluteus and lower back are both in contact with the mat.
2. Carefully sit fully against the mat and back of the chair.
3. Time: 10–30 minutes

FLOOR:

1. Place mat on the floor and sit with legs crossed or extended in front of you
2. Time: 10–15 minutes

LEGS

Targets various lower body pain, promotes recovery after workouts.



HAMSTRINGS:

1. Sit on the edge of the mat and extend legs out in front of you.
2. To increase flexibility & stimulate circulation, reach forward toward your shins or toes & hold for 20 – 30 seconds at a time.
3. Time: 10 –15 minutes



QUADRICEPS:

1. Lie face down on the floor, with the mat under your hips and front of legs.
2. You may prop yourself up slightly to stretch through your abdomen and hips for 10 seconds at a time, or relax fully onto the floor.
3. Time: 10 –15 minutes



OUTER THIGHS:

1. Sit sideways on the mat with legs together and knees bent.
2. Place arm on the ground for support.
3. Time: 10–15 minutes

