

The Meridian Flexibility System®
Meridian-Muscle Concomitance for
Health and Athletic Performance
Robert D. Cooley

**When one thing is *inseparably*
connected or associated to another
thing there is said to be a
concomitance.**

In Traditional Chinese Medicine (TCM) energy pathways called Meridians traverse the landscape of the body. Each Meridian is concomitant with a specific group of muscles, an internal organ, a type of tissue, and unique psychological behaviors.

The Meridian Flexibility System® promotes flexibility exercises to dramatically affect the health of each of these Meridian-Muscle pathways. Each of 16 types of stretches effect the physiological functioning of a particular organ, a specific type of tissue, and develops intriguing high psychological behaviors associated with one of the 16 Genetic Personality Types®.

The Resistance Stretching® technique gives immediate increases in flexibility; takes the pain out of stretching, and protects you from injuring yourself from over-stretching.

Examples:

Thigh Stretch

The Stomach Meridian-Muscle Pathway is concomitant with the anterior-lateral muscles of the foot, lower leg, thigh, pelvis, torso, neck and head.

Stretching muscles along this pathway can affect the physiological health of the stomach, muscle tissue, and increase sobriety.

Sphinx Stretch

The Gall Bladder Meridian Muscle Pathway is concomitant with the lateral muscles of the foot, lower leg, thigh, pelvis, torso, neck and head. Stretching muscles along this pathway can affect the physiological health of the gall bladder, ligaments and increase decision- making skills.

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Dara Torres a 33 year old swimmer won 5 medals – 2 gold and 3 bronze- at the Sydney Olympic Games using the Meridian Flexibility System. She credited Bob Cooley and The Meridian Flexibility System for her success.



“In fact, every athlete that I asked Bob to help with their flexibility also won Olympic Gold Medals. The world will give Bob the gold.”
-Dara Torres, 2 Gold, 3 Bronze Olympic Medalist

We are looking for people to help assist Olympic Athletes Rob Tiernan and Nicholas Bartolota in their flexibility training. This would be a great way to learn more about The Meridian Flexibility System®. Please contact me at Bob@MeridianStretching.com or call 408-347-1767.

Love and respect,
Bob Cooley



[www. MeridianStretching.com](http://www.MeridianStretching.com)

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