



1. Butterfly

Gall Bladder Meridian
Urinary Bladder in low spine
Liver and **Kidney** inner thighs



2. Reclined Butterfly

Gall Bladder Meridian
Urinary Bladder in low spine
Liver and **Kidney** inner thighs



3. Saddle/Half Saddle

Stomach, Spleen, Urinary Bladder, and **Kidney** lines.



4. Ab Work

Stomach and **Spleen** Meridian



5. Caterpillar

Urinary Bladder Meridian

- ◆ Compresses stomach organs
- ◆ which strengthens digestion.
- ◆ Stimulates kidneys
- ◆ Massages heart since it is below spine.

Ab Yin Class

by Patricia



6. Crocodile

Notice increased circulation



7. Prone Twist

Urinary Bladder Meridian
Heart and **Lung** Meridian



8. Seal/Sphinx

- ◆ **Urinary Bladder** and **Kidney** lines as they run through the lower back and sacrum.
- ◆ **Stomach** and **Spleen** lines along top of legs.
- ◆ Stimulates the kidneys and adrenal glands through compression.



9. Frog Spinal Twist

Liver and **Kidney** inner thighs
Urinary Bladder Meridian



10. Child's Pose "Balasana"

Gently compresses stomach and chest.

Meridians

Spleen and **Stomach** meridians are compressed while **Kidney** and **Urinary** are stretched.