

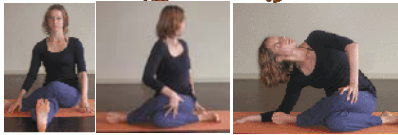
Ankle/Toe Yin Class

by Patricia



1. Eye Movements

Vertical, Horizontal,
Diagonal, Circles



2. Shoelace

**Liver, Kidney, and Gall Bladder
Urinary Bladder** folding forward

- ◆ Hip opener.
- ◆ Decompresses spine when folding forward.

Windshield Wipers



3. Dragonfly

**Liver, Kidney, and Urinary Bladder.
Spleen** through inner knees

- ◆ Opens hips, groin, back of thighs.
- ◆ Stimulates the ovaries
- ◆ Gentle opening to knees



4. Butterfly

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



5. Toe Squat

All 6 Meridians of Lower Body

- ◆ Opens toes and feet
- ◆ Strengthens ankles



6. Ankle Pose

Stomach, Spleen, Liver, Gall Bladder

- ◆ Opens and strengthens ankles
- Table to cross right foot over left arch**



7. Child's Pose "Balasana"

Gently compresses stomach and chest.

Meridians

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



8. Melting Heart (Anahatasana)

**Heart, Lung, Urinary Bladder,
Stomach & Spleen** if you feel the stretch in chest.

- ◆ Opens shoulders
- ◆ Softens heart
- ◆ Great backbend for middle and upper back