

Hip Mobility Yin Class

By Patricia



1. Butterfly

Gall Bladder Meridian
Urinary Bladder in low spine
Liver & Kidney inner thighs



5. Reclined Pigeon

Liver Meridian
Piriformis Muscle



2. Reclined Butterfly/ Savasana on a Noodle

Scout body down to roll noodle until it touches bottom edge of shoulder blades.



6. Burning Logs

External Hip Rotation

Liver & Kidney Meridians inner thighs



3. Windshield Wipers

Liver Meridian



4. IT Stretch

Internal Hip Rotation

Gall Bladder Meridian

7. Swan Flow Lateral Bend

Gall Bladder Meridian

