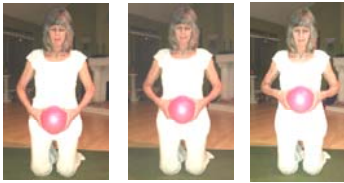


1. Psoas Release-Prone



Place the ball:

1. Just above the pubic bone.
2. At the navel center.
3. Above navel & below ribs.



- ◆ Focus on long exhales
- ◆ Release into the ball
- ◆ Take 4 to 5 deep breaths.
- ◆ Begin windshield wipers



2. Crocodile

Notice increased circulation



3. Prone Twist

Urinary Bladder Meridian
Heart and **Lung** Meridian



4. Seal/Sphinx

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

Yin Class

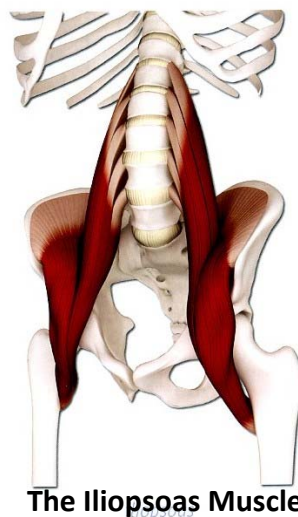
Psoas

Spleen & Stomach
Liver & Kidney
Meridians

and

Hip Rotation

Liver & Kidney
Gall Bladder



The Iliopsoas Muscle



5. Wide Knee Child's Pose "Salamba Balasana"

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



6. Butterfly

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



7. Windshield Wipers

Liver Meridian



8. IT Band Stretch/ Internal Hip Rotation

Gall Bladder Meridian



9. Burning Logs/ External Hip Rotation

Liver & **Kidney** Meridians