

Yin Class

Quadriceps

Spleen & Stomach

Meridians

and

Hip Flexors

Liver Meridian



1. Swan/Sleeping Swan

Kidney & Liver thru inner groin.

Gall Bladder on outer leg.

Stomach & Spleen top of back leg.

Urinary Bladder thru lumbar arch.

◆ Hips and lower back

◆ Make sure knees are not complaining



2. Half Saddle/Saddle

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



3. Cat Tail

◆ Stimulates the **Stomach** and **Spleen** meridians (if the top of the thigh is activated)

◆ **Urinary Bladder** and **Kidney** lines (when the back is arched and twisted).



Crocodile

Notice increased circulation

4. Dragons

Baby Dragon

◆ Rest hands on blocks



Dragon Flying High

◆ Hands or arms on thighs

◆ Lift chest

◆ Weight over hips



Dragon Flying Low

◆ Hands on inside of foot

◆ Walk hands forward

◆ Lower hips

◆ Rest forearms on floor or bolster



Twisted Dragon

◆ Hand pushes knee to earth

◆ Chest rotates to the sky



Winged Dragon

◆ Wing out the knee a few times

◆ Roll to outside edge of foot

◆ Rest elbows on floor or bolster



Overstepping Dragon

◆ Baby D., front knee forward

◆ Slide foot back, heel off earth



5. Camel

Deeply arches the sacral/lumbar spine & opens tops of thighs & ankles.

Stretches hip flexors & opens shoulders.

Meridians and Organs

◆ **Urinary Bladder** and **Kidney**

◆ **Spleen** and **Stomach**

◆ **Heart** and **Lung**

◆ Thyroid massage.



Child's Pose "Balasana"

Gently compresses stomach and chest.

Meridians

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