

Yin Class Spinal Twists



1. Butterfly Twist

1st-Muladhara, 2nd-Svadhithana,
3rd-Manipura & 4th-Anahata Chakras
Gall Bladder Meridian
Urinary Bladder in entire spine
Liver & Kidney inner thighs



5. Resting Crescent Moon

1st-Muladhara, 2nd-Svadhithana &
3rd-Manipura Chakras
Gall Bladder Meridian in outer leg
Small Intestine Meridian in outer arms
Liver Meridian in inner leg



2. Butterfly

1st-Muladhara &
2nd-Svadhithana Chakras
Gall Bladder Meridian
Urinary Bladder in low spine
Liver and Kidney inner thighs



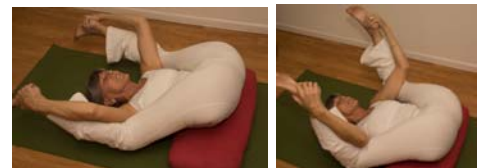
6. Elevated Spinal Twist

1st-Muladhara, 2nd-Svadhithana
& 4th-Anahata Chakras
Urinary Bladder Meridian
Heart and Lung Meridian



3. Reclined Butterfly w/strap

1st-Muladhara, 2nd-Svadhithana,
3rd-Manipura & 4th-Anahata Chakras
Gall Bladder Meridian
Urinary Bladder in low spine
Liver & Kidney inner thighs



7. Elevated Happy Baby

1st-Muladhara, 2nd-Svadhithana
& 4th-Anahata Chakras
Urinary Bladder Meridian
Heart and Lung Meridian



4. Supported Wide-Knee Child's Pose

1st-Muladhara, 2nd-Svadhithana &
3rd-Manipura Chakras
Urinary Bladder in low spine
Stomach & Spleen meridians are compressed
Governing Vessel Meridian in inner leg

- ◆ Gently compresses stomach and chest.
- ◆ Creates flexibility in the back, hips, and knees.
- ◆ Counteracts insomnia
- ◆ A comforting pose when grieving.



8. Yoga Nidra

All The Chakras are Affected
This is not just a time to relax the body, but a quiet, healing time where the mind should stay alert, yet relaxed and aware of the body relaxing. Pay attention to the energies flowing. As you actively relax, watch the flow of Chi or Prana into and out of the areas you worked in the asana practice.