



1. Butterfly

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



2. Half Butterfly

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



3. Caterpillar

1st-Muladhara & 2nd-Svadhithana Chakras
Urinary Bladder Meridian

Spine Yin Class by Paul Grilley

4. Mongoose Twist

1st-Muladhara, 2nd-Svadhithana
 & **4th-Anahata** Chakras
Urinary Bladder in spine



5. Snail

3rd-Manipura & 4th-Anahata
 & **5th-Vishuddha** Chakras

- ◆ All internal organs are massaged and compresses.
- ◆ **Urinary Bladder** lines are deeply stretched.



6. Cat Tail

1st-Muladhara, 2nd-Svadhithana & 4th-Anahata Chakras

- ◆ Stimulates the **Stomach & Spleen** meridians (if the top of the thigh is activated)
- ◆ **Urinary Bladder & Kidney** lines (when the back is arched and twisted).



7. Infant

- 1st-Muladhara & 3rd-Manipura** Chakras
- ◆ **Urinary Bladder** Meridian
 - ◆ Stimulates blood circulation in the abdominal organs.



8. Seal/Sphinx

1st-Muladhara & 3rd-Manipura Chakras

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



9. Saddle/Half Saddle

1st-Muladhara, 2nd-Svadhithana & 3rd-Manipura Chakras

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

10. Ball Therapy for the Shoulder Blades