

Yin Class

Stomach & Spleen Meridians

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1. Caterpillar

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

- ◆ Compresses stomach organs
- ◆ which strengthens digestion.
- ◆ Stimulates kidneys
- ◆ Massages heart since it is below spine.



2. Seal/Sphinx

1st-Muladhara & 3rd-Manipura Chakras

- ◆ **Urinary Bladder** and **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 through compression.



FIRST SIDE

3. Swan/Sleeping Swan

3rd-Manipura Chakra

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



4. Frog

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

Liver and **Kidney** inner thighs
Urinary Bladder Meridian



OPPOSITE SIDE



5. Swan/Sleeping Swan



6. Half Saddle/Saddle

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

Stomach, Spleen, Urinary Bladder, and **Kidney** Meridians



7. Supine Spinal Twist

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

Urinary Bladder Meridian
Heart and **Lung** Meridian



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.