

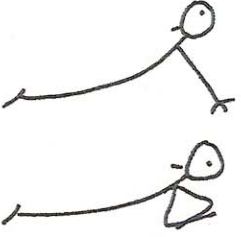


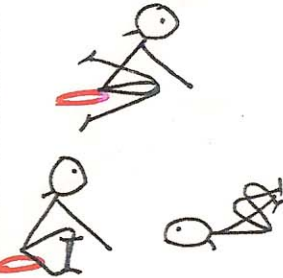
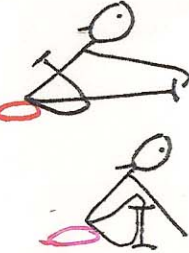
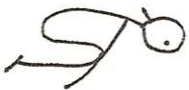

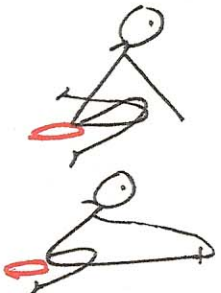





# Liver & Gall Bladder Yin Practice

inspired by Sarah Powers

 <p>Wide Knee Childs Pose</p>	<ul style="list-style-type: none"> <li>• <b>Liver Meridian</b> – big toe, inner leg, groins, kidneys, lungs, throat, around mouth, cheeks, inner eyes</li> <li>• Pulling in groin is the Liver meridian activating</li> <li>• <b>2 ½ minutes</b></li> </ul>	 <p>Childs Pose</p>	<ul style="list-style-type: none"> <li>• Liver toxicity equates to feelings of anger</li> <li>• <b>1 minute</b></li> </ul>	 <p>Seal or Sphinx</p>	<ul style="list-style-type: none"> <li>• Seal - Lie on belly and rest on forearms</li> <li>• Sphinx – Like cobra but hands turn out and arms further forward</li> <li>• <b>2 ½ minutes</b></li> </ul>
 <p>Childs Pose</p>	<ul style="list-style-type: none"> <li>• <b>Gall Bladder Meridian</b> – 4<sup>th</sup> toe, outer legs, side of body, outer arms</li> <li>• Activated by hip openers with legs in external rotation</li> <li>• Removes fat soluble 'unusables'</li> <li>• <b>1 minute</b></li> </ul>	 <p>R - Swan Pose</p>	<ul style="list-style-type: none"> <li>• Alternate - Thread the Needle</li> <li>• Keep weight on hip rather than knee</li> <li>• If feelings of anger or frustration arise, treat them as 'sacred doorways' to your inner landscape</li> <li>• Inhale: heart to mula</li> <li>• Exhale: mula to heart</li> <li>• <b>2 ½ minutes</b></li> </ul>	 <p>R - Shoelace Pose</p>	<ul style="list-style-type: none"> <li>• Alternate – Square Pose or Thread the Needle</li> <li>• After exhale, pause with energy focused at Manipura behind navel</li> <li>• <b>2 ½ minutes</b></li> </ul>
 <p>R - Half Shoelace Pose</p>	<ul style="list-style-type: none"> <li>• Alternate – Square Pose</li> <li>• Press under ball of straight leg foot between 1<sup>st</sup> and 2<sup>nd</sup> toes</li> <li>• <b>2 ½ minutes</b></li> </ul>	 <p>Childs Pose</p>	<ul style="list-style-type: none"> <li>• <b>1 minute</b></li> </ul>	 <p>L – Swan L – Shoelace L – Half Shoelace</p>	
 <p>Seated Twist</p>	<ul style="list-style-type: none"> <li>• L then R</li> <li>• R arm outside of L knee holding R foot</li> <li>• Lean torso slightly forward</li> <li>• <b>2 ½ minutes</b></li> </ul>	 <p>Wide Angle Pose</p>	<ul style="list-style-type: none"> <li>• Relax legs and prop elbows on floor</li> <li>• <b>2 ½ minutes</b></li> </ul>	 <p>Savasana</p>	<ul style="list-style-type: none"> <li>• Release bones, release organs, release breath</li> <li>• <b>5 minutes</b></li> </ul>