

POSTURES FOR EACH MERIDIAN



YIN YOGA

KIDNEY MERIDIAN

01

Butterfly

02

Dragonfly

03

Lateral Dragonfly

04

Saddle

05

Sphinx

06

Seal

07

Stirrup

URINARY BLADDER MERIDIAN

01

Butterfly

02

Dragonfly

03

Half Dragonfly

04

Full Forward Bend

05

Lying Spinal Twist

06

Legs-up-to-the-Wall

LIVER MERIDIAN

01

Butterfly

02

Dragonfly

03

Sleeping Swan

04

Shoelace

05

Lateral Shoelace

06

Seated Twist

07

Wild Knee Child's Pose

08

Sphinx

09

Stirrup

GALL BLADDER MERIDIAN

01

Butterfly

02

Shoelace

03

Half Shoelace

04

Sleeping Swan

05

Seated Twist

06

Square

SPLEEN MERIDIAN

01

Butterfly

02

Stirrup

03

Wild Knee Child's Pose

04

Dragon

05

Dragonfly with Twist

06

Sleeping Swan

STOMACH MERIDIAN

01

Butterfly

02

Saddle

03

Half Saddle

04

Wild Knee Child's Pose
with Twist

05

Dragon

06

Dragonfly with Twist



07

Quarter Dog

08

Seal

LUNGS MERIDIAN

01

Butterfly

02

Seal

03

Quarter Dog

04

Full Forward Bend

05

Wild Knee Child's Pose

06

Sphinx

07

Lateral Dragonfly

LARGE INTESTINE MERIDIAN

01

Full Forward Bend

02

Wild Knee Child's Pose

03

Sphinx

04

Lateral Dragonfly

SMALL INTESTINE MERIDIAN

01

Full Forward Bend

02

Wild Knee Child's Pose

03

Sphinx

04

Lateral Dragonfly

05

Butterfly

HEART MERIDIAN

01

Butterfly

02

Seal

03

Quarter Dog

04

Full Forward Bend

05

Wild Knee Child's Pose

06

Sphinx

07

Lateral Dragonfly

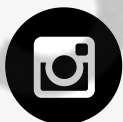
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