

Thread the needle / 3 min

Go straight to next pose



Half-moon / 4 min

Go back to previous for other side



Winged dragon / 1-2 min

Go straight to next pose



Sleeping swan / 5 min

Go back to previous for other side



Lateral shoelace / 1 min



YIN YOGA FOR LIVER & GALLBLADDER

Focus on GB meridian running along outer hip, thigh, sidebody

In linked postures ignore the side shown on photo:

* in Thread needle to Half-moon RIGHT ankle over left knee, then stretch the whole RIGHT side of body in half-moon, then change right to LEFT

* in Dragon to Swan do RIGHT leg forward on both side, then change to LEFT leg

* in Shoelace RIGHT knee on top + lateral stretch to both sides, (1 min each) + fold (3 min) then change LEFT knee on top + lateral stretch both sides +

fold

REST between sides.

RELAX muscles in postures

Shoelace / 3 min



Square / 3 min
both sides



Twisted roots / 5 min
both sides

