



**YIN AND YANG SEQUENCES
YOGA TEACHER TRAINING**

SPLEEN MERIDIAN

Yang: Stomach
Earth element
Confidence Creator
Worry, discontentment
Exclusive to the front body

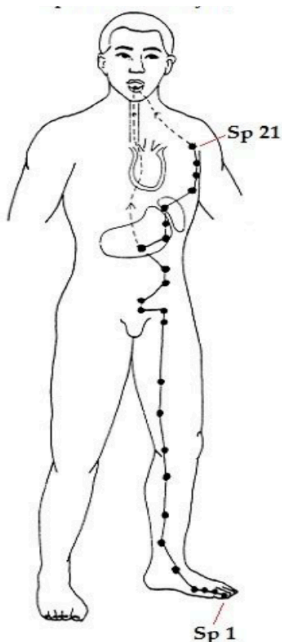
The spleen is part of the immune system, it is the largest lymphatic organ that contains white blood cells that help fight infection and disposes of damaged or old blood cells.

When the spleen energy is blocked, one will experience digestive and stomach issues, poor concentration, forgetfulness, a cloudy thought process, addiction, worry, stress, attachment, obsession, gluttony, jealousy, self-pity, a strong concern about the opinion of others, stubbornness, low self-esteem, poor self-image.

The Earth Element is the center of all elements. The earth element helps us connect to our strength, joy and grounded energy.

SPLEEN / STOMACH POSTURES

Ankle stretch
Baddha Konasana (supta, seated, half)
Bridge
Broken wing
Cat pulling its tail (supine twist)
Child pose
Deer
Dragon (lizard / low lunge)
Frog
Happy baby
Half happy baby
Half butterfly (wide single seated leg stretch)
Lizard
Monkey (splits)
Neck stretch
Puppy
Rabbit
Saddle (reclined hero)
Sphinx
Straddle
Swan
Toe squat (intense foot stretch)
Twisted dragon (lizard / low lunge w/ twist)
Wide wipers
Wind removing



SPLEEN / STOMACH SEQUENCE A: 60 minutes

Child pose 3
Puppy 1
Toe squat 3
Ankle stretch 1
Lizard 2.5
Dragon 2
Twisted dragon 2
Swan 3 (half way)
Meditation / pranayama between sides 2
Sphinx 3
Broken wing 3
Turn to back body, hug knees in / T
Wind removing 3
Supine twist 2.5
Savasana 10

SPLEEN / STOMACH SEQUENCE B: 60 minutes

Child pose 3
Puppy 1
To seated for Neck Stretch 3
Half butterfly 3
Deer 5
To seated meditation / pranayama 2
Saddle 3
Rabbit 1
Frog 5
Straddle 3
Monkey 3
To back body for wide wipers 2
Happy baby 2
Half happy baby 2
Cat pulling its tail 5
Savasana 10

LUNG MERIDIAN

Yang: Large Intestine

Metal element

Inner Strength

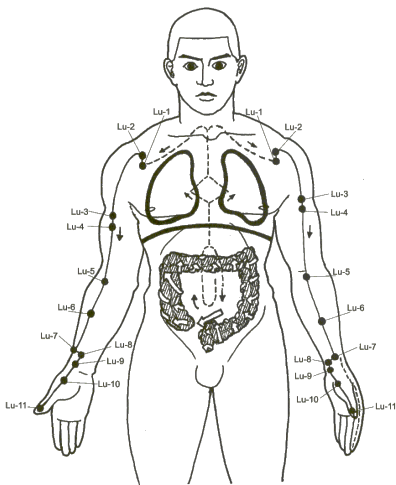
Grief, depression, sadness

Exclusive to the front body

The lungs are a pair of spongy, air filled organs that expand and contract as we breath.

When the lung energy is blocked, one will experience breathing issues within the nose, throat and or chest, a lack of spiritual connection, impaired self esteem and an inability to let go of what no longer serves us.

The Metal Element is the most structured element. It helps us connect to our ability to organize, problem solve and ground down during times of stress and pressure.



LUNG / LI POSTURES

Bananasana with arms up

Bridge

Broken wing

Child pose with walk over

Frog with arms forward

Heart bed

Neck stretch

Puppy with walk over

Rabbit

Reclined meditation

Saddle with arms up

Supine twist

Swan with arms forward

Wide wipers with arms over head

LUNG / LI SEQUENCE A: 60 minutes

Child pose with walk over 3

Puppy 3

Puppy with walkover 3

To seated meditation / pranayama 2

Neck stretch 2

Frog with arms forward 5

Broken wing 5 (halfway)

Bananasana 5

Supine twist 5

Savasana 10

LUNG / LI SEQUENCE B: 60 minutes

Heart bed 5

Reclined meditation / pranayama 5

Supine twist 5

Bananasana with arms up 5 (halfway)

Swan with arms forward 5

Saddle with arms up 5

Rabbit 5

To back body for wide wipers 5

Supine twist 5

Cat pulling it's tail 5

Savasana 10

KIDNEY MERIDIAN

Yang: Urinary bladder

Water element

Uniqueness

Fear

Middle of back and front body, down back of leg to pinky toe

Each kidney is a system of millions of tiny filters that remove waste, extra water and toxins from the blood.

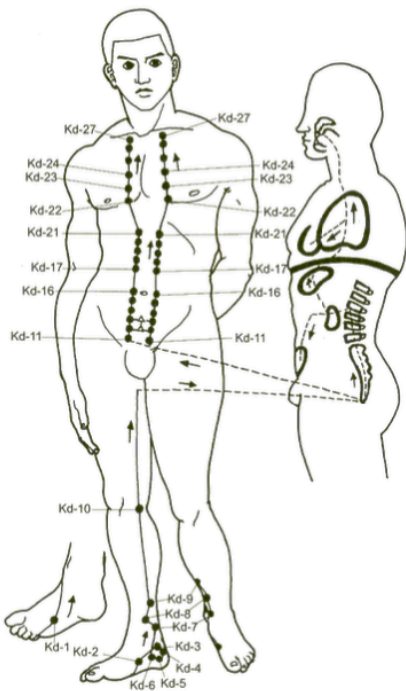
When kidney energy is blocked, one will experience immense fear or paranoia, and may be frozen in this fear, unable to create the will to do anything.

The Water Element allows us to be courageous, realistic, adaptable, intelligent, adventures and sociable.

KIDNEY / UB POSTURES

Baddha konasana
Bridge
Child pose
Deer
Frog
Half butterfly
Happy baby
Intense foot stretch
Lizard
Neck stretch chin to chest
Puppy
Rabbit
Reclined meditation
Saddle (reclined hero)
Square (double pigeon)
Supine twist
Relaxed forward fold
Rock the baby

Shoelace (seated or supine)
Sphinx
Splits
Straddle
Supine twist
Swan
Wide wipers
Wind removing



KIDNEY / UB SEQUENCE A: 60 minutes

Child pose 3
Puppy 3
Rabbit 2
Saddle 2
Swan 4
Square 4
Half butterfly 4 (half way)
Shoelace (seated) 2
Seated baddha konasana 2
Meditation / pranayama 2
Relaxed forward fold 2
Rock the baby 2
Deer 2
Straddle 3
Frog 2
Savasana 10

KIDNEY / UB SEQUENCE B: 60 minutes

Reclined meditation (or reclined pyramid) 2
Wide wipers 2
Wind removing 4
Supine twist 5
Happy baby 5 (halfway)
Half happy baby 4
Roll to belly for sphinx 2
Come to seated for intense foot stretch 3
Lizard with neck stretch chin to chest 2
Splits 2
Savasana 10

LIVER MERIDIAN

Yang: Galbladder

Wood Element

Growth & renewal

Anger, frustration, aggression, annoyance

Glutes, waist, groin, inner leg to big toe, through shoulder and sides of neck.

The liver helps to detoxify and protect the body.

When the liver energy is blocked, one will experience a lack of creativity, feelings of anger, jealousy and rage.

The Wood Element allows us to be strong yet flexible, resilient, quick witted, kind, loyal and persevering.

LIVER / GB POSTURES

Ankle stretch

Baddha konasana

Bananasana

Child's pose (knees wide)

Deer

Frog

Half butterfly

Happy baby

Intense foot stretch

Lizard

Neck stretch (ear to shoulder)

Reclined meditation

Rock the baby

Shoelace (seated or supine)

Splits

Straddle

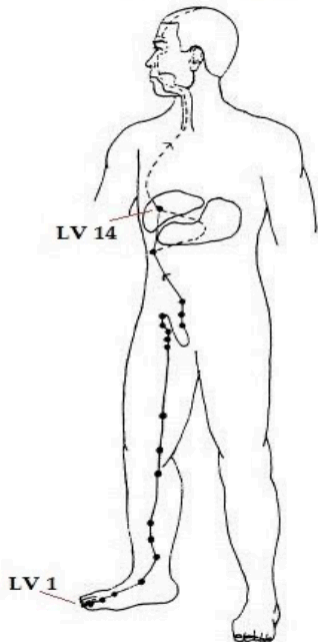
Square

Supine twist

Swan

Wide wipers

Liver (Foot Jueyin)



LIVER / GB SEQUENCE A:

60 minutes

Child's pose 2

Intense foot stretch with EFT 5

Ankle stretch / T

Sukasana for pranayama / meditation 2

Shoelace (seated) 3

Swan 4

Square 4 (half way)

Straddle 4

Lizard 2

Dragon 2

Frog 4

Splits 4

Savasana 10

LIVER / GB SEQUENCE B:

60 minutes

Reclined meditation / pranayama 2

Seated baddha konasana 3

Neck stretch (ear to shoulder) 2

Rock the baby 3

Half butterfly 2

Deer 4 (half way)

Happy baby 2

Half happy baby 2

Supine twist 3

Bananasana 3

Supine twist 3

Savasana 10

HEART MERIDIAN

Yang: Small Intestine

Fire Element

Expression

Joy

Down front inner arm to forth finger, back of inner arm, up through shoulder into neck.

The heart is the muscle at the centre of your circulation system, pumping blood around your body as your heart beats. This blood sends oxygen and nutrients to all parts of your body, and carries away unwanted carbon dioxide and waste products.

When the heart energy is blocked, one will experience sleep issues, anxiety, shortness of breath and excessive sweating.

HEART / SI POSTURES

Bananasana with arms up

Bridge

Child's pose (with thread the needle variation)

Frog with arms stretched forward

Heart bed

Neck stretch (ear to shoulder)

Puppy

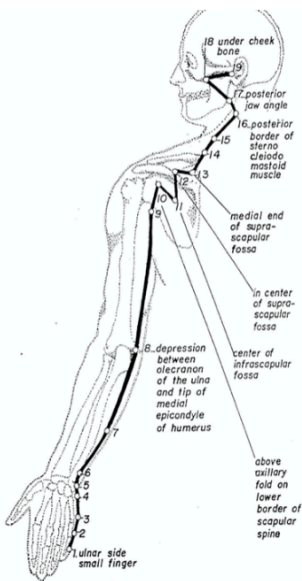
Rabbit

Reclined meditation

Saddle with arms up

Supine twist

Wide wipers with arms up



HEART / SI SEQUENCE A: 60 minutes

Child's pose with thread the needle variation 4
 Child's pose with walkover 3
 Frog with arms stretched forward 5
 Puppy 4
 Puppy with walk over 2
 Rabbit 1
 Seated meditation / pranayama 3
 Seated EFT 3
 Neck stretch (ear to shoulder) 3
 Supine Twist x 3
 Supine Twist x 3
 Savasana 10

HEART / SI SEQUENCE B: 60 minutes

Heart bed with reclined meditation / pranayama 4
 Neck stretch 4
 Child's pose (with thread the needle variation) 5
 Saddle with arms up 5 (half way)
 Wide wipers with arms up 5
 Bananasana with arms up 6
 Savasana 10

Yin Yoga Class Themes

By Meridian - Yin Only - Single or combo
By Meridian - Yin and Yang - Single or combo
By Element - One, all or a combo
By Emotion (or a combination of emotions)
Anatomically (a body part and or organ)

Incorporate breath of fire for fire element
Use the Prithvi Mudra (Mudra of Earth) for the earth element - ring and thumb touch
Use the Varuna Mudra (Mudra of Water) for the water element - pinky and thumb touch
Bee breath for earth element