

Yin Class

Shoulders: **Lung** & **Gall Bladder** Meridians

Arms: **Large/Small Intestine**,
Heart & **Lung** Meridians



1. Cow Face Arms

- ◆ Upper arm is externally rotating, abducting & flexing.
- ◆ Lower arm is internally rotating, adducting & extending.
- ◆ Hold for about 3 minutes.
- ◆ Release mindfully and push hands far apart as if you were pushing the walls of the room apart.



2. Eagle Arms

- ◆ When right knee is on top, cross right elbow over left elbow.
- ◆ Arms are adducting.
- ◆ Scapulae is abducting.
- ◆ Lifting the arms adds flexion.
- ◆ Hold for about 2 minutes



3. Eagle Arms w/Deeper Edge

- ◆ Lean forward and rest your elbows on a block, bolster, or over the knees.
- ◆ Keep working to slide the arms away from you.
- ◆ Holding about 3 minutes.
- ◆ Come out mindfully and open arms really wide, opening the heart, creating a bit of a backbend.



4. Reverse Prayer Hands

- ◆ From Butterfly Pose, fold forward while holding the arm position only if the stretch is intensified nicely.
- ◆ Hold for about 3 minutes.
- ◆ A very juicy position for both shoulders.
- ◆ A great pose to do throughout the day in any position.



5. Stressing the Arms

- ◆ From Sitting Swam, shift your hips toward your feet.
- ◆ If intensity in the right hip diminishes, move the hands away from hips to go deeper into the pose.
- ◆ Hold for about 3 minutes.
- ◆ Scapulae is abducting as gravity releases the scull towards the earth.
- ◆ Notice where stress points are, sensation is good!

6. Stressing Arms w/Deeper Edge

- ◆ Extend legs straight out in front of you.
- ◆ Slide your hands further behind you.
- ◆ Bring your hands closer together.
- ◆ Drop head back adding extension to the neck mindfully.
- ◆ Hold for about 2 minutes.
- ◆ This is the juiciest version. Do not overstay your visit!



Child's Pose "Balasana"

Gently compresses stomach and chest.

Meridians

Spleen and **Stomach** meridians are compressed while **Kidney** and **Urinary** are stretched.