



Mindful Academy International

Yin Yoga Sequence for the Liver and Gallbladder Meridians

- Step 1 - 5 minute -** Short welcome and introduction,
Frame the class with the Intention Attention and Attitudes to cultivate,
- Step 2 - 15 minute -** **Meditation** – Becoming present thru the breath
Pranayama & Mudras
Visualize the One Meridian flow and/or individual Meridians
Liver Meridian starts at the inside base of the large toe, travels up the inside of the leg and thigh, penetrates the reproductive organs, and flows underneath the rib cage into the Liver, where it circulates internally up through the Lungs.
Gallbladder Meridian Beginning at the outer corner of the eyes, the meridian zigzags over the sides of the skull, down the back of the neck, crosses back over the shoulders to the front of the body, zigzags across the chest, and the sides of the trunk, then goes through the sides of the hips, thighs, and legs, ending at the second joint of the fourth toe.
- Step 3 - 10 minutes -** **Coming Home Joint and Energy Freeing series or similar**
- Step 4 - 45 minutes –** **Mindful Yin Yoga Asanas –**
Awareness of the physical body and energy body thru presence.
Not about precision, perfect alignment, feeling something in the meridian or getting anywhere, but rather more about conscious awareness of the present moment, the breath and areas of compression and tension.
Take the practice and make it your own.
Remember the essence of yin is yielding.

1. Sphinx or Seal 1 – 5 minutes. See also cards 9 & 10. Counter pose crocodile



2. Swan 1 minute. See also card 3





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3. **Sleeping Swan** 3 minutes. See also card 3.
3. Counter pose child.



4. **Shoelace with left knee on top.** Half of time twist to the left, other half of time half side bend to the right. Counter pose windscreen wipers.



5. **Swan** 1 minute. See also card 3



6. **Sleeping Swan** 3 minutes. See also card 3.
3. Counter pose child.



7. **Repeat Shoelace with right knee on top.** Half of time twist to the right, other half of time side bend to the left. Counter pose windscreen wipers.



8. **Dragonfly series** – 3 – 10 minutes. See also card 6. Counter pose windscreen wipers.
3 minutes to the right
3 minutes to the left
3 minutes forward





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9. Reclining twist both sides. 3 – 5 minutes.
Counter pose sacrum samba. Card 16



Step 5 – 15 minute Integration in savasana and close could include –

- Visualisation of the one Meridian Flow
- Guided Visualisation
- Short body scan
- Time of silence
- Closing Meditation, pranayama and mudras