

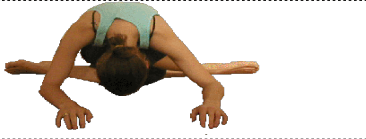






Yin Yoga Chart

Asana	Hatha/English	Meridian	Muscle/Area Affected	Mental/Emotional Benefit	Physical Imbalance
	Melting Heart Downward Dog Puppy Pose	Stomach Spleen Urinary Bladder Heart Lungs	Backbend for upper, middle back Opens shoulders	Emotional baggage Let go, peace term memory loss Relieves anxiety	Headaches problems Urinary Issues Digestive issues Nasal issues
		Stomach Spleen Gall Bladder Liver	Feet Ankles Lower Quadriceps stretch	Caring Kindness Compassion Generosity Deep thinking Brainstorming Analysis	Glaucoma issues Liver conditions Sore throat Nail issues Blurred vision
	Lying down of Half Moon or Blown Palm	Heart Lungs Gall Bladder	Whole side stretch spine in lateral flexion from IT band to rib cage Obliques Intercostal	Courage Initiative Decision-making Brainstorming Analysis	Insomnia Digestive issues Glaucoma
	Baddha Konansana	Kidney Liver Gall Bladder Urinary Bladder	Lower back ligaments Hamstrings Spine Kidneys Opens hip joints	Wisdom Courage Relieves Helps with frustration emotional baggage	Glaucoma issues Liver conditions Sore throat Nail issues Blurred vision
	Janus Irsasan but head to knee	Heart Lungs Urinary Bladder	Lower back ligaments Hamstrings Spine liver & kidneys	Calming Eases feelings of hopelessness feelings of peacefulness Enhances	Headaches problems Urinary Issues Pain in the eyes Colds
	Ustrasana	Stomach Spleen Urinary Bladder Heart Kidney Thyroid Lungs	Arches sacral /lumbar Open thighs & ankles Stretches hip flexors	Calming Creativity Openness Compassion Eases feelings of hopelessness feelings of peacefulness Enhances	Headaches problems Urinary Issues Digestive issues Sore throats Colds
	Jathara Parivartanasana w/ Back Bend	Stomach Spleen Gall Bladder Urinary Bladder Kidneys	Quadriceps thighs back compression Rib cage	Calming Creativity Openness Compassion Eases feelings of hopelessness feelings of peacefulness Enhances	Headaches problems Urinary Issues Digestive issues Eye diseases Glaucoma Pain the eyes
	Balāsana Garbhasana	Stomach Spleen Urinary Bladder Kidneys	Spine flow nodes Blood Lymph	Soothing when cold Helps calm anxiety	Headaches problems Urinary Issues Digestive issues Nasal issues
	Paschimottanasana Seated Forward Bend	Urinary Bladder	Stretches ligament on back of the spine Massages the heart Stimulates kidneys Strengthens digestive organs	Calming Eases feelings of hopelessness feelings of peacefulness Enhances	Headaches problems Urinary issues Pain the eyes Colds

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Asana	Hatha/English	Meridian	Muscle/Area Affected	Mental/Emotional Benefit	Physical Imbalance
	Dangling Uttanasana	Liver Spleen Urinary Bladder Kidneys	Lower spine Hamstrings Quadriceps menstrual cramps stomach Eases Compression of Builds diaphragm strength	Help relieve stress and fatigue Calms the brain Helps with symptoms of menopause	Asthma issues Liver conditions Sore throat Nail issues Blurred vision Abdominal Digestive issues Water retention Colds
	Deer Combination of Virasana (Hero Pose) for back leg & Padmasana & Baddha Konasana	Stomach Gall Bladder Liver Kidneys Spleen	Improves digestion Therapeutic for hypertension & asthma Reduces swelling of legs In pregnancy	Relieves symptoms of menopause	Glaucoma issues Liver conditions Sore throat Nail issues Blurred vision Abdominal Digestive issues Water retention
	Dragon Anganeyasana Low lunge	Stomach Gall Bladder Spleen Kidneys	Lower back Hip flexors Quadriceps Deep hip & groin opener Ankles	Creativity Openness Fairness Clear perception Self-understanding	Nose bleeds Digestive issues Glaucoma Asthma Chest pain Abdominal pain Water retention
	Dragonfly Upavistakonasana	Spleen Gall Bladder Urinary Bladder Liver Kidneys	Hips Lower back Knees	Compassion Determination Openness Self-understanding Clearer perception Relieves feeling of hopelessness Calming Enhances peacefulness	Blurred vision Chest pain Digestion issues Stomach issues Insomnia Colds Back problems Water retention
	Frog Mandukasana Bhekasana	Spleen Heart Lungs Liver Kidneys Small & large intestines	Slight back bend Improves digestion Eases menstrual cramps Deep groin opener	Compassion Determination Openness Self-understanding Clearer perception Relieves feeling of hopelessness Calming Enhances peacefulness	Abdominal pain Headache Blurred vision Water retention problems Back
	Happy Baby Ananda Balasana	Spleen Liver Kidneys Bladder Urinary	Opens hips and thighs Stretched hamstrings groin and spine stretch Relieves lower back pain Inner	Help relieve stress and fatigue Calms the brain Helps with symptoms of menopause	Digestion issues retention Headache Water Colds
	Reclining twists Jatharapariwart/ Root Twisted	Urinary Bladder Gall Bladder Kidneys Ida & pingala nadis	Massages stomach gastritis Eases	Wisdom Gentleness Self-understanding Courage Decision-making Analysis	Chest pain Insomnia Glaucoma Asthma Nose bleeding Colds Sore throat Water retention
	Saddle Supta Vajrasana Virasana Supta	Stomach Spleen Urinary Bladder Kidneys Heart Lung	Sacral/lumbar opener hip flexors & quadriceps Stretches	Compassion Determination Openness Self-understanding Clearer perception Relieves feeling of hopelessness Calming Enhances peacefulness	Blurred vision Chest pain Digestion issues Stomach issues Insomnia Colds Back problems Water retention

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<u>Asana</u>	<u>Hatha/English</u>	<u>Meridian</u>	<u>Muscle/Area Affected</u>	<u>Mental/Emotional Benefit</u>	<u>Physical Imbalance</u>
	Shoelace Gomukhasana Cow Face Pose	Liver Stomach Kidneys Urinary Bladder	Opens hips Low spine decompression	Compassion Generosity Relieves feeling of hopelessness Enhances peacefulness understanding Self-Calming	Blurred vision Digestive issues Abdominal pains Urinary problems Water retention Colds
	Snail Halasana Karnapidasana Plough	Urinary Bladder	Spine Stimulates internal organs	Relieves feeling of hopelessness Enhances peacefulness Calming	Headache Back problems Urinary problems Colds
	Sphinx/Seal Sphinx Cobra	Stomach Adrenal glands Urinary Bladder	Spleen Deep compression of sacral/lumbar Spine Thyroid Stomach	Helps with creativity Wisdom Clear perception Enhances peacefulness Calming Openness	Edema Headache Abdominal pain Nose bleeds problems Urinary problems Colds
	Square Agnistambhasana Log	Fire Liver Kidneys Gall Bladder Urinary Bladder	Prep for Lotus hip opener/external rotation Deep	Compassion Generosity Relieves feeling of hopelessness Enhances peacefulness Calming Openness	Headaches Blurred vision Digestion issues Abdominal pain Water retention Urinary problems
	Squat Malasana Goddess	Stomach Gall Bladder Urinary Bladder Liver Kidneys	Spleen Hips Ankles	Helps with creativity and decision-making Wisdom Clear perception Courage Enhances peacefulness Calming Openness	Blurred vision Glaucoma Abdominal pain Digestion issues Stomach issues Insomnia Back problems Colds
	Swan/Sleeping Swan Eka Pada Rajakapotasana Pigeon	Stomach Gall Bladder Urinary Bladder Liver Kidneys	Spleen Opens hips External rotation of front hip Stretches quadriceps & hip flexors	Compassion Generosity Relieves feeling of hopelessness Enhances peacefulness Calming Openness	Water retention Blurred vision Glaucoma Digestion issues Stomach issues Insomnia retention
	Toe Squat Seiza Vajrasana w/ Tucked	Torso Stomach Spleen Liver Gall Bladder All lower back meridians	Ankles Toes Feet body meridians Lower	Compassion Relieves feeling of hopelessness Courage Helps with creativity and decision-making	Blurred vision Glaucoma Digestion issues Stomach issues Insomnia