

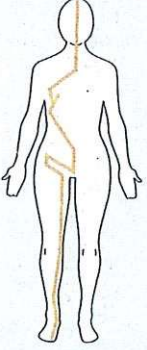

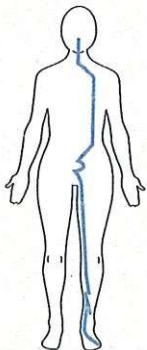
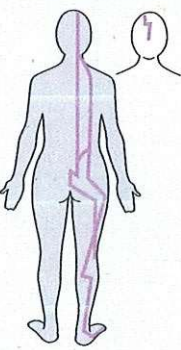
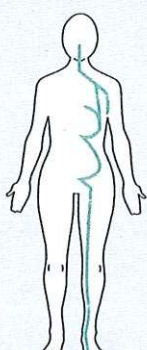
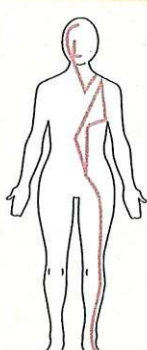
What are meridians?

In Chinese medicine, energy called *Qi* (pronounced “chee”) flows through you in pathways called meridians. When healthy and clear, these pathways might increase longevity and support the proper function of your organs.

How meridians work

Meridians can be described as channels or pathways that control the flow of energy to and from various points in your body. They're not

vessels in the physiological sense; they're more akin to energy paths that when clear might promote the efficient flow of energy through your body.

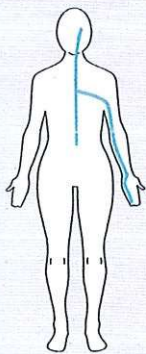
Liver	Gall bladder	Kidney	Bladder	Spleen	Stomach
					
<p>Associated with: blood flow, tendon and ligament flexibility, and menstrual cycles</p>	<p>Associated with: bile and energy for movement and action</p>	<p>Associated with: sexual energy and the production of bone marrow</p>	<p>Associated with: the removal of liquid waste from the body</p>	<p>Associated with: digestion and the flow of nutrients in the body</p>	<p>Associated with: digestion and the mental state</p>
<p>When unbalanced: believed to cause stomach pain, back pain, stiffness in the joints, anger, and irritability</p>	<p>When unbalanced: believed to cause headaches, eye disorders, insomnia, timidity, and indecisiveness</p>	<p>When unbalanced: believed to cause urinary disorders, reproduction issues, back pain, fear, and insecurity</p>	<p>When unbalanced: believed to cause back pain, urinary disorders, vision problems, and indecisiveness</p>	<p>When unbalanced: believed to cause digestion issues, stomach problems, fatigue, brain fog, and excessive worry</p>	<p>When unbalanced: believed to cause digestion issues, stomach pain, excessive worry, and anxiety</p>
<p>Asana to help return you to balance: Straddle</p>	<p>Asana to help return you to balance: Banana</p>	<p>Asana to help return you to balance: Butterfly</p>	<p>Asana to help return you to balance: Caterpillar</p>	<p>Asana to help return you to balance: Saddle</p>	<p>Asana to help return you to balance: Twisted dragon</p>

The 12 meridians and their asanas

It's believed that stress, difficulty processing emotions, and improper diet can block the meridians and immobilize the *Qi* flow in your body, causing physical problems or disease. The principles of this philosophy suggest that yin yoga might be ideal for helping to open up these blocked meridians, allowing *Qi* to more freely flow throughout your body, and bringing you more internal and external strength.

Practicing the asanas in this book on a regular basis might help stimulate the meridians and allow your *Qi* to freely flow, nourishing your organs and replenishing your energy levels. By improving the health of your connective tissues and calming your mind and emotions through practice, you can allow *Qi* to flow more openly through your meridians. Whenever you feel out of balance, practicing yin yoga might unblock your meridians.

Heart

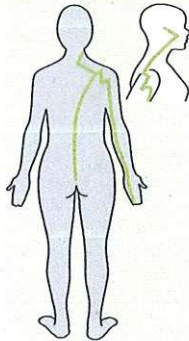


Associated with: distributing blood to organs and governing emotions

When unbalanced: believed to cause chest pain, heart palpitations, sleep problems, anxiety, and depression

Asana to help return you to balance:
Sphinx

Small intestine

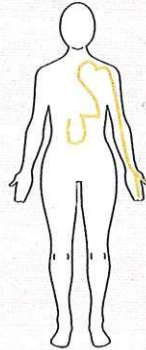


Associated with: the separation of nutrients to be absorbed and eliminated

When unbalanced: believed to cause digestion issues, poor circulation, lower abdomen pain, and poor mental clarity

Asana to help return you to balance:
Bowtie

Lung

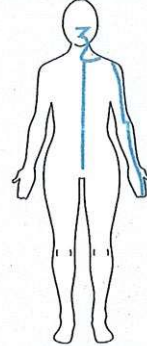


Associated with: the regulation of breath and the intake of energy

When unbalanced: believed to cause respiratory problems, throat and nose issues, sadness, and grief

Asana to help return you to balance:
Melting heart

Large intestine

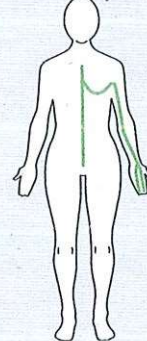


Associated with: the elimination of waste and the reabsorption of water

When unbalanced: believed to cause constipation, sore throat, abdominal pain, worry, and difficulty letting go

Asana to help return you to balance:
Lying chest opener

Pericardium

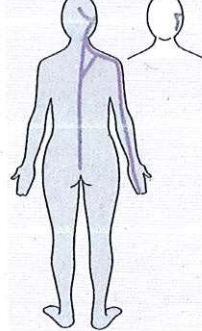


Associated with: the removal of excess energy and the protection of the heart

When unbalanced: believed to cause heart problems, negative sexual feelings, and difficulty expressing emotions

Asana to help return you to balance:
Wrist extensor stretch

Triple burner



Associated with: the regulation of metabolism

When unbalanced: believed to cause appetite dysfunction, ear and throat problems, and emotional instability

Asana to help return you to balance:
Eagle arms