



# WEEKEND REST RITUAL

*Yin Edition*



## HAPPY BABY

Happy Baby stretch the inner thighs, hamstrings, and groin, and release the hips and back, resulting in more flexibility and mobility. Also giving the kidneys direct compassion.

Lying on your back bring knees into chest. Open knees in the same direction as your arm pits. Think about keeping back close to the earth. Hands on the shin, back of the knees and/or holding on to the feet – like the picture. Use your arm strength and pull your knees towards the floor on either side of the ribs. Feel free to rock from side to side. Compress the kidney and the spine.

**BENEFITS** :  
• stimulate kidney chi  
• aids sleep  
• releases SI joints

**HOLD TIME**  
**3-5 MINS**



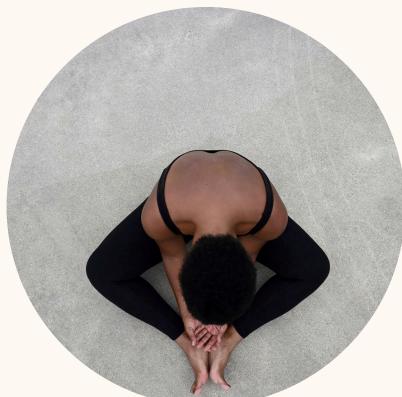
## CATERPILLAR

Caterpillar stretches the spine and the hamstrings. Stimulates the kidneys and adrenal glands. Also penetrates the urinary bladder meridian – energetic pathway.

Come to a comfortable seat. Feel free to sit on a pillow or up against a wall to support lower spine and help with flexion in the spine (\*folding forward). Bring any support under the knees to support hamstrings. Begin to round the heart forward, keeping shoulders over elbows and spine round. Do not reach in the fold, – fold as if you were going to sleep here.

**BENEFITS** :  
• great stretch for spine  
• massage digestive organs  
• great for kidney chi/meridian

**HOLD TIME**  
**4 MINS**



## BUTTERFLY / HALF BUTTERFLY

Butterfly pose as well as Caterpillar can be practiced in bed. An external rotation in the hips, with a forward fold offering a longitudinal energetic release in the kidneys.

Come to a comfortable seat – supporting the flexion in the spine. Sit with knees bent and ankles touching. Open knees like a book where the sole of the feet are facing each other. Move heels away from the groin creating a diamond shape in the legs.

**BENEFITS** :  
• great for lower back and hamstrings  
• urinary problems are relieved  
• makes childbirth easier

**HOLD TIME**  
**5 MINS**