

03/24/2013

Spring class - Rock and Roll Cobra, Liver meridian, gallbladder meridian, Wood element

Spring jumps from the most yin time of year to the most yang time of year.

Spring time wood element –

Bending without breaking

Snapping back to shape

Drawing from the earth, giving to the sky

In between winter and summer – the happiest and most hopeful, but needy

Liver is the yin meridian, gallbladder is the yang meridian – responsible for the smooth flow of qi

Physical imbalances of liver gallbladder and/or wood element:

Girl problems – menstrual flow, hormonal moodiness and headaches

For everyone – headaches, migraines, GI upset, anxiety attacks, even cardio

Eye problems – dry eyes, irritations and sties, even vision problems

Emotional / Mental imbalances:

Frustration, anger, depression, road rage

Inability to plan or to adapt plans to a changing world

“Everything is against me”

Balanced liver (happiness) – happy, lucky, merry

Balanced gallbladder (admiration) – I have loving care for others, forgiveness

Things to balance wood:

Diet high in sour, green and pungent; citrus, unprocessed vinegars (rice, apple cider), tea from hibiscus or little sour berries, just-sprouted green foods are excellent, pungent green herbs – mint, rosemary, and parsley. Add lemon to your water

Exercise – mild to moderate is better than vigorous. Try to get outside to walk – outside fresh air is good. Balance vigorous w/ restorative. For yoga poses – liver becomes axis of rotation, and in general, hip openers, twists, moderate backbends w/ a bit of resilient “springiness” in the movement.

Try to develop and maintain a non-rigid schedule – a little bit of discipline regarding diet and exercise, but not so much discipline it takes the fun out of springtime.

14 points on the liver meridian – top inside of big toe, top of foot, inner calf, true inner thigh, hip flexors, bottom of side ribs to mid chest 4” below the nipple

44 points on the gallbladder – 20 in the head (eyes and sinuses) collarbone, goes in front of arm to armpit, side of chest, zigzags forward and backward in the abdomen ‘til it gets to the

deep glutes beside the tailbone (not quite sitting bones) outside of leg all the way down to the inside of the pinky toe.

ASANA:

Sit in virasana – blockets for knees

Seated 3 part breath:

Part 1: Relax and distend low belly to massage the medial hip flexors and ASIS

Part 2: Base of ribs for liver (side waists), base of wishbone / front of T8

Part 3: DIAPHRAGM! Pulls down on inhale to massage liver

Eye exercises

Seated #4 to “Massage” the liver meridian

Foot massage to open tops of feet, and to release from viransana

Tummy Down Backbends

MOVE FROM THE LIVER, grow ribs away from pelvis

Sphinx w/ tummy lift and release (before the whole pose, I: lift the abdomen off the floor by firming the area just below the navel and pressing the thighs into the floor, X: release)

Baby Bhujanangasana

Pilates Dart

“Rock” into salambasana variation (head down arms and legs wide-ish and up)

½ sun salutations

“Currenting” the muscle direction in uttanasana

Dragon stretches w/ emphasis on groin side of hip flexors

8 breath Rock and Roll Cobra series (willowy movement, moderate effort)

I: urdvha hastasana,

X: squat, stump pose

I: H&K cow

X: Cat

I: Cow

X: Child’s pose

I: Roll the spine to Cat (lift from liver)

X: tummy to the floor

I: Bhujangasana

X: rock the cobra

I: H&K (maybe cat)

X: child’s pose

I: transition to squat

X: stump pose

I: urdvha hastasana

X: tadasana

Prasarita w/ revolved fan and lateral flexions

Wide leg Golden seed vinyasa

Wide leg warrior 2

Upavistakonasna

Reclining #4

Empty Lake bed mudra

Savasana