

# Seasonal Yoga

# WINTER



**WINTER is the ultimate Yin season. It is the deepest part of the year where we need to rest and restore our energies.**

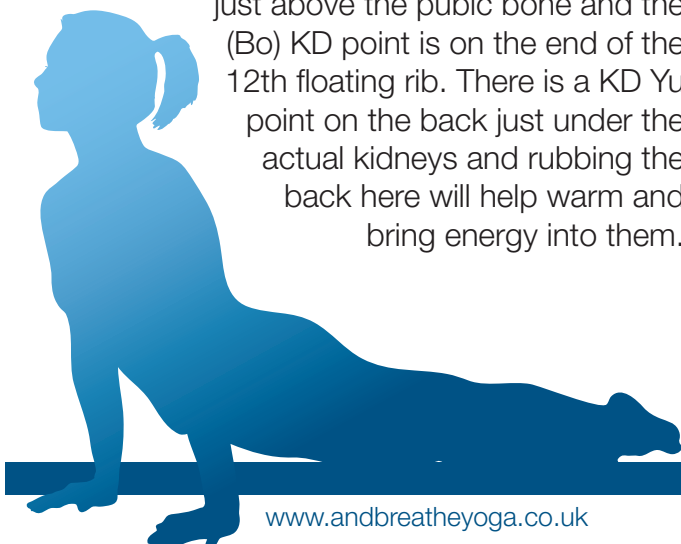


## MERIDIANS

The meridians associated with Water are the **Bladder** (BL) and **Kidney** (KD). These meridians work with the autonomic nervous system. The BL runs from the inside of your eyebrows, almost in a parallel line, up over your head and down either side of the spine, down the backs of the legs and ending in the outside of the little toe. The KD runs from the centre under the ball of your foot up the inside of the legs up the front of your body, again in a parallel line, and ends just under the collarbone. Purification and impetus are the function of these meridians. The Kidneys and Bladder regulate water in the body.

## POINTS

One of the main (Bo) BL points is on the mid line just above the pubic bone and the (Bo) KD point is on the end of the 12th floating rib. There is a KD Yu point on the back just under the actual kidneys and rubbing the back here will help warm and bring energy into them.



## THE BODY

Winter is a time to slow down and hibernate! We need stillness to replenish our energies for the year ahead. Go deep within and listen to what your body needs. Avoid overdoing anything.

## YOGA ASANAS

We concentrate on the fluidity of the spine and flexibility of the hips working on 'inner' strength. Forward and back bends, spinal twists and hip openers as in Pigeon. Going deeper (Yin yoga) is good now. Keeping a good flow of energy is important to enable cleansing.

## MEDITATION

A good meditation is bone breathing since we need to look after our bones at this time of year. Or one that helps confront any fears or helps to accomplish depth and stillness.

## FOOD

Warming and cleansing foods at this time of year. Stews, soups, asparagus, kidney and aduki beans and food which nourishes us 'right to the bone'. Sea vegetables to support the kidneys though avoid cold icy drinks as they chill them.