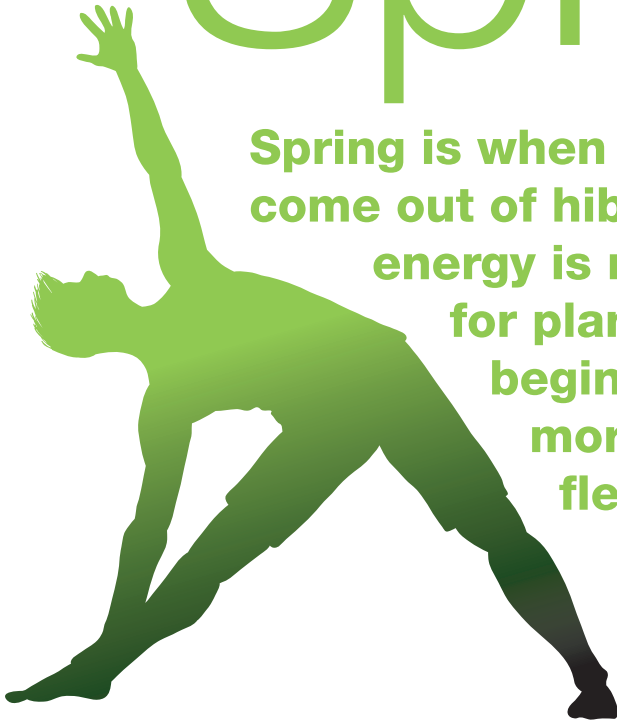


Seasonal Yoga ■ Spring

Spring is when we start to come out of hibernation. Our energy is rising. It's a time for planning and new beginnings and to be more energetic and flexible.



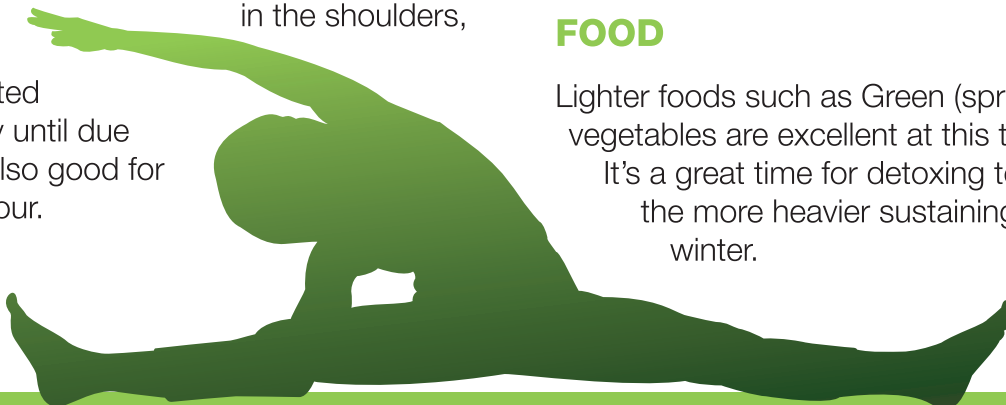
MERIDIANS

The meridians associated with Spring are the **Liver** (LV) which is associated with planning and **Gall Bladder** (GB) which is associated direction and decision making.

ACUPRESSURE POINTS

One of the main LV points is **LV3** which is situated in the depression of the junction of the first and second toes. It is good for migraines and bringing the energy down (grounding).

A useful GB point is **GB21** which is located above the shoulder on the highest point of the trapezius muscle. This is a good point for tension and stiffness in the shoulders, though is contraindicated in pregnancy until due date as it's also good for inducing labour.



THE BODY

Work on your foundation providing strong 'roots' to grow out from giving stability and strength. Look after your eyes.

YOGA ASANAS

Asanas that stretch upwards and sideways to open the liver and gallbladder channels to help with a smooth flow of chi. Also cleansing poses to prepare for the year ahead.

MEDITATION

Colour cleansing for the liver or spring clean declutter and sow your seeds meditations.

FOOD

Lighter foods such as Green (spring greens!) vegetables are excellent at this time of year. It's a great time for detoxing to get rid of the more heavier sustaining foods of the winter.