

## KIDNEY VIDEO LINK CLICK HERE

### KIDNEY QI WORKSHOP - HERE

- A 3 hour long Yin Yoga workshop.
- *Visuals of slides are shared here for your use only with strict copyright access.*
- Unlimited replays with 6 months

#### KIDNEY FUNCTION

- STORES VITAL ENERGY ESSENCE 'JING'
- PRODUCES BONE MARROW
- PROMOTES GROWTH & DEVELOPMENT
- REGULATES WATER METABOLISM
- CO-ORDINATES RESPIRATION
- IMPORTANT ROLE IN REPRODUCTION
- STORES OUR WILL & DETERMINATION



#### STRESS RESPONSE

- Depression
- Anxiety
- Digestive problems
- Headaches
- Heart disease
- Sleep problems
- Weight gain
- Memory and concentration impairment

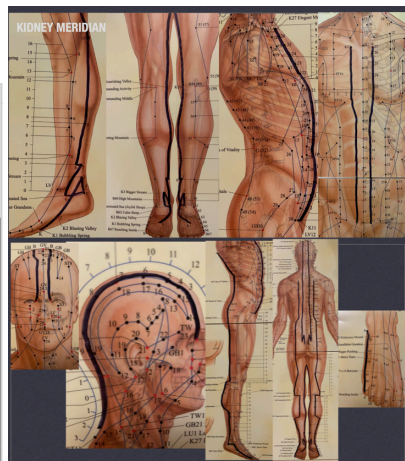
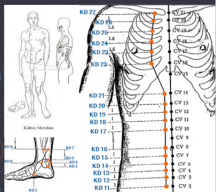


### KIDNEYS AND FEAR

- Fear sets off a stress response. The hypothalamus (a tiny region at base of brain), prompts the adrenal glands (sitting on top of the kidneys), to release hormones adrenaline and cortisol.
- Adrenaline increases heart rate, elevates blood pressure and boosts energy supplies.
- Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, increases the availability of substances that repair tissues and can therefore help reduce inflammation. It suppresses the digestive system, the reproductive system and growth processes. It controls mood, motivation and fear.
- When adrenaline and cortisol levels drop, heart rate and blood pressure return to baseline levels, and systems resume as normal.
- Long term activation of the stress response system and overexposure to cortisol disrupt our body's processes. This puts us at increased risk of many health problems.

#### KIDNEY MERIDIAN

- A YIN MERIDIAN.
- STARTS INFERIOR SIDE OF LITTLE TOE, CROSSES MIDDLE OF THE SOLE AT K1 'BUBBLING SPRING' FIRST ACU POINT. AT ARCH OF FOOT, CIRCLES INNER ANKLE, QI FLOWS UP THE INNER MOST SIDE OF LOWER LEG & INNER THIGH ENTERING BODY NEAR BASE OF SPINE. CONNECTS WITH THE KIDNEY EMERGING AT THE PUBIC BONE. MOVES OVER THE ABDOMEN ENDING IN THE INNER CLAVICLE AT K27.
- AN INNER BRANCH MOVES INTERNALLY FROM THE KIDNEYS THROUGH THE LIVER, DIAPHRAGM, LUNGS & THROAT ENDING IN THE ROOT OF THE TONGUE.



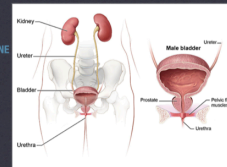
#### BLADDER MERIDIAN

- STARTING AT BL 1 IN THE INNER CORNER OF THE EYE, MOVING ACROSS THE FOREHEAD, UP THROUGH THE SKULL DOWN TO THE OCCIPITAL RIDGE WHERE IT DIVIDES.
- ONE LINE RUNS DOWN THE BACK FROM THE NECK, ALONG THE INNER EDGE OF THE SCAPULA TO THE LUMBAR REGION.
- THE OTHER LINE RUNS DOWN PARALLEL TO THE SPINE.
- BOTH LINES CONTINUE DOWN THE BACK OF THE PELVIS AND BUTTOCKS CONTINUING DOWN THE BACK OF THE HAMSTRINGS WHERE THEY CONVERGE AT THE BACK OF THE KNEE.
- ONE LINE THEN CONTINUES DOWN THE BACK OF THE CALF MUSCLE TO THE HEEL RUNNING THROUGH THE OUTER FOOT TO THE TIP OF THE LITTLE TOE ENDING AT BL67.



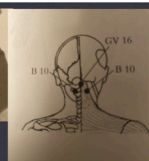
#### BLADDER

- A MUSCULAR SAC
- SITS ABOVE & BEHIND PUBIC BONE
- IS LINED BY MUSCLE TISSUE WHICH STRETCHES
- STORES & EXCRETES URINE THROUGH URETHRA
- REMOVES UNUSABLE FLUID
- CONTROLLED BY KIDNEYS
- WEAK KIDNEYS LEAD TO INCREASED URINATION.



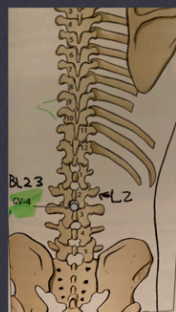
#### SPINE

BLADDER ACUPRESSURE POINTS B10-B47



K2 K6 B62 BL 59-67 K2-K8

THE FOOT - ACUPRESSURE POINTS FOR THE BLADDER & KIDNEY  
KIDNEY K1 - K27



#### Full Forward Bend/Caterpillar

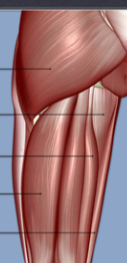
- Governor vessel GV 4 back of navel centre at L2 for strengthening Kidney Jing.
- BL 23 is here too
- Use arms to thread under your knees.
- Focus on rounding spine
- Establish your own breathing pace.
- Lie down - feel the influx of chi through the back of spine and back of legs!

Hamstrings - 4  
The stretch of the hamstrings is dependant on the tilt of the pelvis.

- 1.Semimembranosus \*
- 2.Semitendinosus \*
- 3.Biceps Femoris Long Head \*\*
- 4.Biceps Femoris Short Head



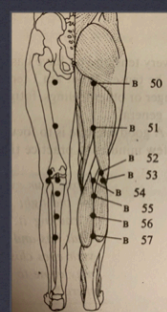
Gluteus maximus  
Adductor magnus  
Semimembranosus  
Biceps femoris  
Gracilis  
Semitendinosus



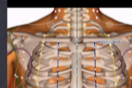
#### BLADDER

"Life nerve stretch"

- Bladder 50-57
- 50 - Haemorrhoids, constipation, lumbago, sciatica, lower back pain
- 51 - Inability to bend up and down easily, pain in back and loins. (The backbone between ribs and hips.)
- 53 - Muscular spasm of the calf, knee and loins.
- 54,55 - Stiff heavy body, stiff back and neck, arthritis of knee.
- 56, 57 - Pain in calf and instep of foot, muscular cramps.
- Benefits: sciatica, urinary and bladder issues, stiffness, pain behind knee, muscular spasms, cold feet, late afternoon fatigue, leg stiffness or pain.

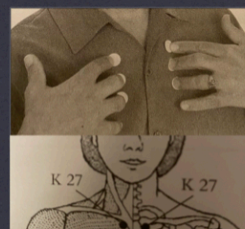


KI 27 俞府 (Shu Mansion)



CHEST - KIDNEY 27  
"ELEGANT MANSION"

KIDNEY 25, 26 & 27



## BODY SCAN BLADDER

- STARTING AT BL 1 IN THE INNER CORNER OF THE EYE, MOVE ACROSS THE FOREHEAD, UP THROUGH THE SKULL DOWN TO THE OCCIPITAL RIDGE AND DIVIDE INTO TWO.
- ONE BL LINE RUNS DOWN THE BACK FROM THE NECK, ALONG THE INNER EDGE OF THE SCAPULA TO THE LUMBAR REGION.
- THE OTHER LINE DOWN PARALLEL TO THE SPINE.
- BOTH LINES CONTINUE DOWN THE BACK OF THE PELVIS AND BUTTOCKS CONTINUING DOWN THE BACK OF THE HAMSTRINGS AND CONVERGE AT THE BACK OF THE KNEES.
- ONE LINE THEN CONTINUES DOWN THE BACK OF THE CALF MUSCLE TO THE HEEL RUNNING THROUGH THE OUTER FOOT TO THE TIP OF THE LITTLE TOE ENDING AT BL67.

## BODY SCAN KIDNEYS

- A YIN MERIDIAN WHERE QI MOVES UP THE BODY.
- STARTS INFERIOR SIDE OF THE LITTLE TOE, CROSS THE MIDDLE OF THE SOLE AT K1 'BUBBLING SPRING' FIRST ACU POINT. MOVE TO THE ARCH OF FOOT, SIDE OF FOOT K2, MOVE UP THE ANKLE K3, COME DOWN & CIRCLE THE INNER ANKLE, K4,K5, K6. MOVE BACK UP THE UPPER ANKLE K7, K8 AND START TRAVELLING UP THE INNER LOWER LEG TO K9, UP THE CALF MUSCLE, BACK OF THE KNEE K10 QI FLOWS UP THE INNER MOST SIDE OF LOWER LEG & INNER THIGH ENTERING BODY NEAR BASE OF SPINE. CONNECTS WITH THE KIDNEY EMERGING AT THE PUBIC BONE. MOVES OVER THE ABDOMEN ENDING IN THE INNER CLAVICLE AT K27.
- AN INNER BRANCH MOVES INTERNALLY FROM THE KIDNEYS THROUGH THE LIVER, DIAPHRAGM, LUNGS & THROAT ENDING IN THE ROOT OF THE TONGUE.
- ANOTHER SMALL BRANCH DIVIDES FROM THE LUNGS TO CONNECT WITH THE HEART AND PERICARDIUM