



Week 26

Overview of Lecture

SUPPORTIVE IDEAS FOR THE WAIST

Nutrition and Activity

LIVER

Eating for the Liver.

- Fasting is best.
- Leafy greens are good.
- Reduce animal products and toxic foods.

Yoga for the liver meridian.

- Holding relaxing and stillness for the joints.
- Stretching and opening.
- Exhale forcefully to relax.

STOMACH

Eating for the Stomach.

- Regular meals.
- Chewing your food and eating foods in order.

Yoga for the stomach.

- Lifting the front and stretching the belly and thighs.
- Retention of breath.

CIRCULATORY SYSTEM

Eating for the Circulatory System.

- Seaweeds.
- Reduced liquid.
- Salty foods.
- Some fruits.



HEART CONSTRICTOR MERIDIAN

Yoga for the Heart Constrictor Meridian.

- Strong activity and stretching.
- Opening the chest.
- Toning the buttocks.
- Turning the mind inwards.
- Breathe deeply, forcefully, and quickly to help create determination.



KIDNEYS, BLADDER AND LARGE INTESTINE

Yoga for the Kidneys, Bladder and Large Intestine.

- Manifesting the downwards energy.