





LIVER, DIGESTION AND BLADDER SEATED SEQUENCE

This sequence is excellent for anytime you have digestive issues or frequent urination.

Exercise	Description	Breaths	Notes
Cobbler's Pose Page 144 	Sit quietly, placing the feet together and open up your toes as you press your thighs down with your elbows.	10 breaths, inhaling up the spine for 6 counts, hold for 2 counts at the top and exhaling down the spine for 6 counts.	
Seated Groin, Hip and Low Back Opener Page 145 	Sit with your left leg extended, toes pointing up, and reach your left arm inside the leg, opening your chest and then reach the right arm over.	5-10 breaths and then switch sides	
Seated Forward Fold Page 146 	Bring both legs together and round your back as you reach for your toes or rest your forearms on your thighs.	5-10 breaths	
Seated Pretzel Page 151 	Sit tall, placing your left leg over the right and bring the right heel toward the body, if it is comfortable. Pull the left leg toward you.	5-10 breaths and then switch sides	