









## LIVER, DIGESTION AND BLADDER STANDING SEQUENCE

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

Exercise	Description	Breaths	Notes
Mountain Pose Page 165 	Stand with hands in prayer, feet together.	Hold for one breath	
Standing Wide-legged Forward Bend Page 170 	Walk your feet 4-5 feet apart, with the toes turned slightly inward, hands on the hips.	One breath	
Standing Wide-legged Forward Bend Page 170 	Exhale and fold halfway, with the arms out to the side, lifting the knee caps and hold.	1-5 breaths	
Standing Wide-legged Forward Bend Page 170 	Fold all the way forward, placing the palms on the floor or blocks.	5-10 breaths	

**LIVER, DIGESTION AND BLADDER STANDING SEQUENCE CONTINUED**

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Exercise	Description	Breaths	Notes
<p>Standing Wide-legged Forward Bend with Twist Page 171</p> 	<p>Place the right hand on the floor and rotate to the left, lifting the left arm up.</p>	<p>5-10 breaths and switch sides</p>	
<p>Standing Wide-legged Forward Bend Page 171</p> 	<p>Place your hands on your hips. Slightly bend your knees and return to standing.</p>	<p>1-5 breaths</p>	
<p>Mountain Pose Hands in Prayer Page 165</p> 	<p>Bring your feet together and hands in prayer.</p>	<p>1-5 breaths</p>	