

What a Load of Old Cobblers



This fabulous 'Touch Yoga' move, nourishes the kidneys and clears excessive heat within the body, stimulates the abdominal organs, ovaries and prostate gland, bladder, and kidneys. It also relieves mild depression, soothes menstrual discomfort, sciatica and lessens the symptoms of menopause.

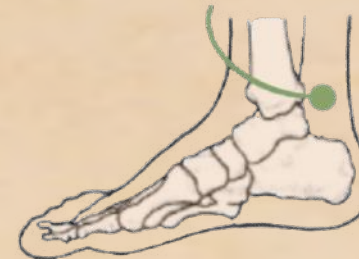
Here's How:

Gently come into bound angle pose, sit up straight, and bring the feet together allowing the knees to relax outwards. This pose allows blood to flow into the lower body, opens the hips and eases feelings of discomfort and stress. Implement props to make you comfortable and support the knees with pillows or blocks.

With your thumbs find the tip of the ankles and move your thumbs backwards until you are in the deep hollow between the ankle bone and the Achilles' tendon. Gently hold this point.

Here you are stimulating the acupressure point kidney 3 the 'Supreme Stream' that steadies the Water Element and can have a very calming effect upon the emotions. Hold for 10 nourishing breathes or longer depending on how you are feeling. Enjoy.

KIDNEY 3



YOGATARIAN