

## The Connecting Cobbler

### KIDNEY 1



We will be making the audible sound of 'Chooo' this is the sound for the kidneys, it helps releases stagnant energy from the body, so let's begin...

Gently sit comfortably with a straight spine, your head is over your heart, and your heart over your pelvis. Bring the bottom of your feet together, and drop your knees outwards, if this too much, create more of a diamond shape with the legs coming into 'Cobblers Pose' (Baddha Konasana).

The Kidney 1 points or (Bubbling Springs) is located on the soles of the feet, in a slight depression created when the foot is pointed downward, about 1/3 of the distance between the tips of the toes and the heel (refer to the diagram if unsure).

Rub your hands together to create some heat, some vibrational energy and begin to massage these points firmly for a few moments, you can even apply some oil, moisturiser, or my soothing acupressure calm balm.

Now hold firmly with your thumbs, and breathe in deeply, scooping up your knees, so you get a wonderful digestive and lymphatic squeeze and, on the exhale, tease the knees down towards the earth, opening the groin, gently leaning forward, helping energy to move through the body.

You are going to make the sound of 'Chooo', this is the sound for the kidneys and releases stagnant energy from the body. Come back to upright, scooping the knees up on the inhale and repeat.

Keep a nice alignment of the spine, as you continue to practice this for around ten breath cycles or more depending on how you feel... enjoy.



YOGATARIAN