**Liver Meridian**

**Gall bladder runs alone outside of leg and upper hip then zig zag up front and sides of ribs to shoulders and face**

**Liver runs inside of leg and ankle thru the groin toward liver**

**Also need to activate kidneys**

**Butterfly ( bound angle)**

5 minuetes

**Baby Dragon Right (low lunge)**

**High flying**

**Low flying**

**Winged**

**Fire breathing**

**Twisting Dragon (press hadn and turn)**

1 minute

**DWD one minute**

Switch Legs

**Dragon Fly (seated wide angle) with fold over one leg (option to gate)**

3 minutes

wipers

Switch

**Dragonfly to center**

3 minutes

**Table Top**

**Hammock**

**Sphinx or Seal**

3-5 minutes

**Childs Pose or on Belly**

**Sleeping Swan Right leg**

**Square right Leg /left leg**

**Caterpillar for kidneys**

**Twists**

Savasana