

Tight Shoelace

Through tension
miofascial paths: gluteus group
meridian paths: gall bladder



Through compression:
meridian paths: liver

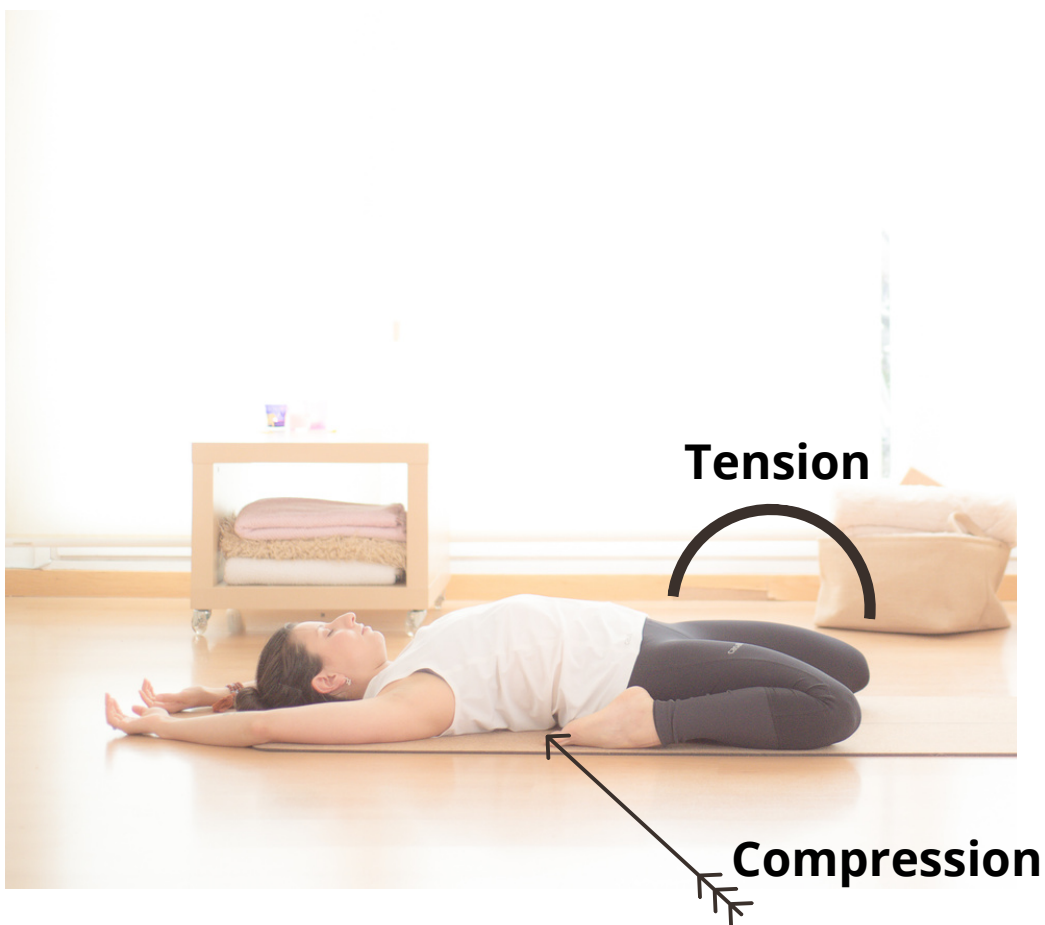
Family of poses:

Loose shoelace, untied shoelace, broken shoelace,
reclined shoelace (with or without wall) and sleeping
swan.

Saddle

Through tension

miofascial paths: quadriceps femoris and hip flexors
meridian paths: spleen and stomach.



Through compression:

meridian paths: bladder and kidneys.

Family of poses:

1/2 shoelace, sphinx, seal, cat's tail, dragon (yin),
pontoon.

Half Butterfly

Through tension
miofascial paths: hamstrings.
meridian paths: kidneys and bladder.

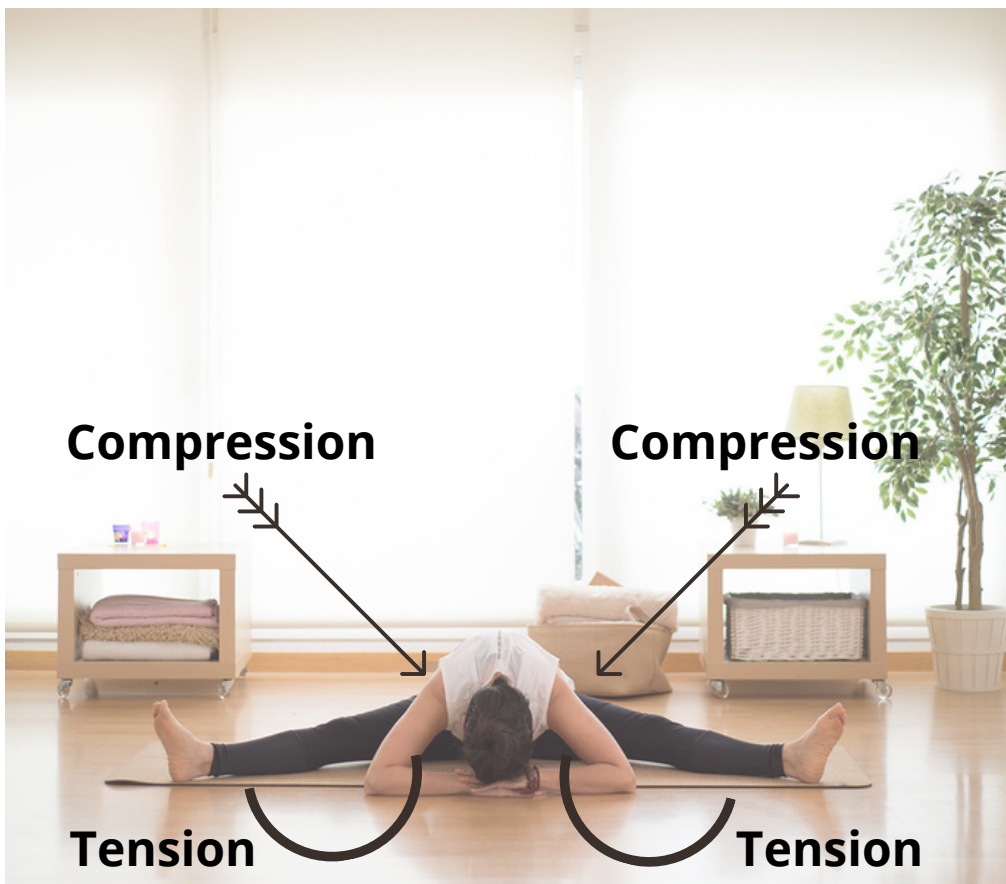


Through compression:
meridian paths: spleen and stomach.

Family of poses:
caterpillar, long legged butterfly, half frog and half shoelace.

Dragonfly

Through tension
miofascial paths: groin and adductors.
meridian paths: liver.



Through compression:
meridian paths: spleen, stomach and gallbladder.

Family of poses:

Frog, short legged butterfly, half dragonfly and lateral dragon.