

**Be in the element: water- yielding,
flowing, communication**

Go with the flow

Rub kidneys

Flush the fluids in the body and brain with yoga

Blue- calming, relaxing, cleansing

**Yoga postures to balance the
bladder and kidney meridians**

Forward fold



Cobra



Baddakonansa



Priorities

Re- evaluate priorities

Feel the fear and do it anyway

Discover full potential



Winter

Yin energy

**Kidney and Bladder meridians, front and
back of the body**

Renewal,
rejuvenation,
regeneration,
reflection,

Avoid

Procrastination

Stimulants

High intensity activities

Eating late

Ice cold food and
drinks

Daily Habits

In bed before 10

Keep warm

Breathe!

Meditate- try bone meditation

Gentle yoga every morning

Diet

Soups, casseroles, roasts

Root vegetables

Local/in season/organic

Drink warm water and lemon

Eat alkaline foods- apples, beetroot,
kale,spinach, walnuts

In winter we are like seeds beneath the ground building energy stores and
rejuvenating in order to emerge in spring