

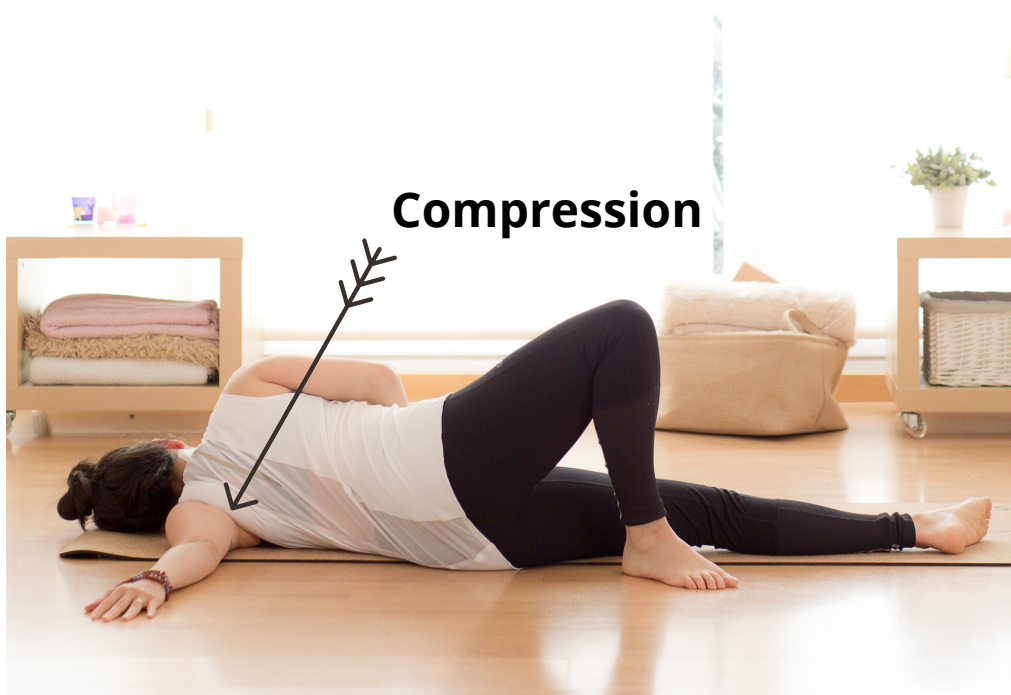
Open wings

Tension

Myofascial groups: pectoralis, subscapularis, serratus anterior and deltoids.

Meridians: lung, pericardium, heart.

Tension in the front of the chest



Compression

Meridians: large intestine, triple heater, small intestine.

Family of poses

Dragon wings, cat's tail, open wings with wall and camel.

Rolling panda

Tension

Myofascial group: trapezius, teres minor, infraspinatus, supraspinatus and rhomboids.

Meridians: large intestine, triple heater, small intestine.

Tension in the back and upper back



Compression

Meridians: lung, pericardium, heart.

Family of postures

Crossed wing, crossed wings, caterpillar, butterfly, graceful bow.

Dog

Tension

Myofascial groups: hamstrings, thoracolumbar, lumbar square, cervical, trapezius, scapular lift, fingerdeltoid, trapezius flexors.

Meridians: kidneys, bladder, lungs, heart.

strengthens

Transversus abdominus, quadriceps, hip flexors,

quadriceps, hip flexors, quadriceps, hip flexors, quadriceps, hip flexors.



Compression

Meridians: spleen, stomach, gallbladder.

Family of poses

bear, mongoose, belly of the dragon, Heart pose, 1/2 heart pose and one legged dog.

Crocodile

strengthens

Transversus abdominus,
obliques and scapular group.



Meridians: yin and yang of the upper body.

Familia de posturas

forearm balance, cricket.

Dragon

Tension

Myofascial group: quadriceps, hip flexors, rectus abdominus.

Meridians: spleen, stomach and liver.



Compression

Meridians: kidneys and bladder.

Family of poses

All the dragons and saddle pose family.