

# FIVE ELEMENT YOGA

Access your  
Five Element  
Yoga practices  
at each  
element's link.

## WATER

Fear → Flow. Kidneys & Nervous System. Vital Energy. Intuition. Winter. Supports Wood.

## WOOD

Anger → Alignment. Liver & Gallbladder. Planning & Action. Spring. Supports Fire.

## FIRE

Highs & Lows → Boundaries. Heart-Mind-Spirit. Love & Joy. Summer. Supports Earth.

## EARTH

Worry → Ground. Digestion. Stability. Late Summer. Supports Metal.

## METAL

Grief → Acceptance. Lungs & Colon. Let In & Let Go. Refine. Autumn. Supports Water.