



5 Meridian Yoga Practices for Real-Life Symptoms

*A short, embodied library for nervous system support, digestion,
rest, and emotional release*

Welcome! This short practice library was created to support real-life physical, mental-emotional & energetic symptoms using yin & yang meridian-based yoga.

These practices are rooted in the **five elements of Chinese Medicine**, but you don't need any background knowledge to use them.

You don't need to practice all five sessions or follow a specific order. Instead:

- Start with the yoga you feel most drawn to
- Return to it as often as feels supportive
- Let your body guide the pace and frequency

This isn't about fixing yourself. It's about listening, supporting, and creating space for regulation and clarity.



Anxiety & Overstimulation

Calm an Overstimulated Nervous System

Supports:

- Anxiety, overwhelm, sensory overload
- Racing thoughts with physical exhaustion

When to practice:

- After long or demanding days
- When your nervous system feels “wired but tired”
- Anytime you need to soften without effort

Elemental Focus: Fire

Meridian Focus: Heart, Pericardium, Small Intestine, Triple Warmer

👉 **Practice Video** (15-min) 👉

This gentle yin practice focuses on calming the nervous system through slow, supported postures that open the chest & heart, shoulders, and arms. Emphasis is placed on exhalation, rest, and emotional settling.



Digestion & Grounding

Support Digestion, Bloating & Stability

Supports:

- Bloating, sluggish digestion
- Feeling ungrounded, scattered, or depleted

When to practice:

- When you need to anchor your body, mind, or emotions
- During times of transition or imbalance
- When you need steadiness more than stimulation

Elemental Focus: Earth

Meridian Focus: Spleen & Stomach

👉 **Practice Video (15-min)** 👉

This grounding yang practice supports the body's ability to digest food, emotions, and daily experiences. Slow, rhythmic postures invite a sense of safety, stability, and support.



Restless Sleep & Burnout

A Replenishing Practice for Deep Rest

Supports:

- Restless sleep
- Burnout, chronic fatigue, nervous exhaustion

When to practice:

- In the evening or before bed
- On days when rest doesn't feel restorative
- During periods of stress or depletion

Elemental Focus: Water

Meridian Focus: Kidneys & Bladder

👉 **Practice Video (15-min)** 👈

This deeply nourishing yin practice emphasizes long-held, supported postures that encourage rest, conservation, and a sense of safety. It's designed for times when your system needs replenishment rather than effort.



Tension, Frustration & Feeling Stuck

Gentle Release Without Forcing

Supports:

- Emotional tension, anger, or irritability
- Feeling stuck, tight, or pressured

When to practice:

- When movement feels necessary but force feels wrong
- During emotional buildup or frustration
- To restore a sense of flow

Elemental Focus: Wood

Meridian Focus: Liver & Gallbladder

👉 **Practice Video (15-min)** 👉

This yang yoga works with the side body, hips, and gentle movement to support release without pushing. It invites emotional and physical flow through soft, responsive sequencing.



Grief, Emotional Heaviness & Breath

Breathing Space for Letting Go

Supports:

- Grief and emotional heaviness
- Shallow breathing or chest tension

When to practice:

- During times of loss or change
- When emotions feel heavy but quiet
- When breath feels restricted

Elemental Focus: Metal

Meridian Focus: Lungs & Large Intestine

👉 **Practice Video** (15-min) 👉

This compassionate yang practice focuses on breath, the chest & lungs, and arms, creating space for release without needing to name or analyze emotions.



Integration & Next Steps

Each of these practices reflects a different pattern within the five-element system. Together, they form a living cycle — not something to complete, but something to return to.

You may notice:

- Certain practices call you repeatedly
- Your needs shift over time
- Your body responds before your mind understands why

That's part of the intelligence of this work.

If you find yourself wanting to explore these practices as a connected system — with live guidance and deeper support — I'm currently developing a yoga-centered group program rooted in the five elements.

For now, simply practice. Notice what you return to. Let your body lead.

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