

Yin Body Balance | FOR THYROID

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5 Daily Yin Yoga Poses to Support a Healthy Thyroid



A simple flow you can practice every day
to feel like your most vibrant balanced self.



Your tools for supporting natural balance and healing from the inside out

Your Thyroid & Yin Yoga

Several studies have been performed worldwide, pointing to the benefits of yoga on thyroid health, and its particular ability to decrease hypothyroidism.

As an award-winning acupuncturist & certified yin yoga teacher, I saw great opportunity in marrying my knowledge of Traditional Chinese Medicine with the deep relaxation and internal organ stimulation of yin yoga, to promote healing and balance from the inside out.

The following five-step daily yin practice has been designed to help promote overall thyroid health by increasing blood flow to the thyroid, promoting overall energy flow throughout the body, and promoting rest and relaxation which supports improved nervous function and aids healing.

Disclaimer

Please check with your doctor before starting any yoga practice. These poses are not to replace any medications or therapies.

STEP 1

Camel Pose

Camel is one of the best poses to stimulate your thyroid gland. Choose the pose option below that makes the most sense for your body.

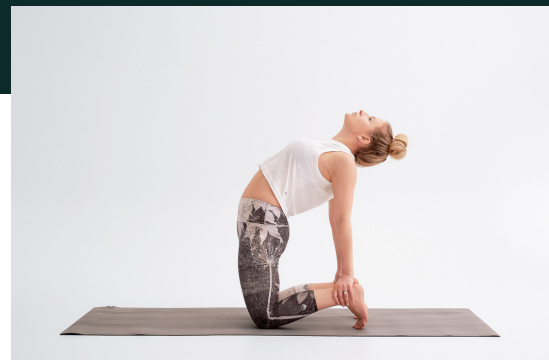
Meridians stimulated: Urinary Bladder, Kidney, Stomach, Spleen, Heart, Lung, Thyroid

Time: 1-2 minutes



OPTION ONE

1. Kneel on your mat, knees hip-width apart
2. Place your hands gently on your hips or hands with fingers facing down on your lower back/sacrum
3. Stay in this pose for 2-5 minutes
4. To come out of this pose slowly come back down to your heels
5. Counterpose: Sit quietly for a few breaths



OPTION TWO

1. Sit on your heels
2. Place your hands on the yoga mat behind you
3. Inhale: Engage your core and thighs
4. Exhale; lift your hips forward (naturally your back will arch)
5. Shift your hands to touch your heels or place blocks on either side of your feet if you can't reach your heels.
6. Stay in this pose for 2-3 minutes
7. To come out of the pose slowly come back down to your heels
8. Counterpose: sit quietly for a few breaths

STEP 2

Cat-Cow Flow

This is a great stretch for the neck and brings energy and blood flow to the thyroid area. It also helps to open up the throat chakra. Bring your awareness to your thyroid as you flow through this pose.

Meridians stimulated: Urinary Bladder, Stomach

Time: 1-2 minutes



PREP

1. Start on all fours with your wrists directly under your shoulders and your knees underneath your hips and hip-width apart.
2. Center your head in a neutral position.
3. Move slightly forward and back then return to center and ensure you have equal weight on all 4 contact points.

COW

4. Inhale. Fill your belly with air and then let belly drop toward the mat.
5. Lift your chin and chest and look up toward the ceiling. Lengthen your neck and throat.

CAT

6. Exhale. Draw your belly towards your spine and round your back.
7. Gently tuck your chin into your chest as you lift and round your spine toward the ceiling.



FLOW & RELEASE

Allow your breath to guide and move your body from cow to cat pose for 1-2 minutes.

Once done, release out of this pose by sinking into child's pose for a few breaths.

STEP 3

Child's Pose

This resting pose helps balance the endocrine system and calms the nervous system.

Meridians stimulated: Spleen, Stomach, Kidneys and Urinary Bladder

Time: 1-2 minutes



CHILD'S POSE

1. Start this pose from a tabletop position.
2. Exhale: lower hips to heels and bring your forehead to your mat. Knees can be together or slightly apart.
3. Stay here for a few breaths.
4. To come out of this pose place your palms under your shoulders and slowly bring yourself up into a seated position.
5. Counterpose: Sit upright quietly for a few breath

STEP 4

Supported Fish Pose

This beautiful supported yoga pose is known for opening the chest area, stretching the intestinal organs and increasing blood flow to the reproductive organs due to a stretch to the pelvic area.

Meridians stimulated: Urinary bladder, Stomach

Time: 1-2 minutes



SETUP TIPS

The goal of this supported setup is to create a beautiful opening in your front body, while also allowing your body to be in its most comfortable position possible so you can completely relax into the pose. My personal favorite setup is using two bolsters to create a cross that I can lie over (like in these images), but you can also use two yoga blocks - one between your shoulder blades, and one under your head, or a combination of pillows and rolled up blankets.

GETTING INTO THE POSE

1. Setup your props as you choose to.
2. Lie on your back with your props centred down the middle of your body & spine, with particular support under your thoracic spine. Use yoga blocks, pillows, etc to support your head and neck.
3. Breathe in and out deeply, letting your body relax into the shape.
4. Place your arms and legs however you feel most comfortable and relaxed. See below for options.

Rule of Thumb: Do what feels great in your body

Add a yoga block under your head and lay your arms back.



Butterfly your legs for an inner thigh opening



STEP 5 Savasana



SUPPORTED SAVASANA

This is my favorite version of savasana. I love having a bolster under my knees to keep my spine neutral. I find I can relax more completely into the pose in this supported position.

Savasana or "corpse pose" helps to integrate any previous poses into the body, brings awareness of any stress and tension you may be holding onto in the body, and helps to relax the mind and body.

Time: 2+ minutes
Recommended 5-10 mins for full effect.

1. Lie flat on your back with your feet hip-width apart.
2. If you choose Supported Savasana as shown above, place a bolster or pillow under your knees for more lower back support.
3. Arms are away from your body with palms facing up.
4. Relax completely and let go of any tension in the body.
5. With each exhaled breath feel heavy on your mat.
6. Lie here for 5-10 minutes in silence.
7. Once done roll to your right side for a few breaths before gently coming up into a seated position.
8. Sit with eyes closed for a few breaths before gently opening them.