

E-BOOK

INTEGRATING YIN YOGA with ACUPRESSURE

**An easy guide about how to integrate
Yin Yoga with Chinese Medicine and 11
Acupressure points, for enhancing the
therapeutic benefits.**



**HOLISTIC
WELLNESS**

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The aim of this e-book is to boost the healing benefits of your yin yoga, therapeutic movement and wellness practice.

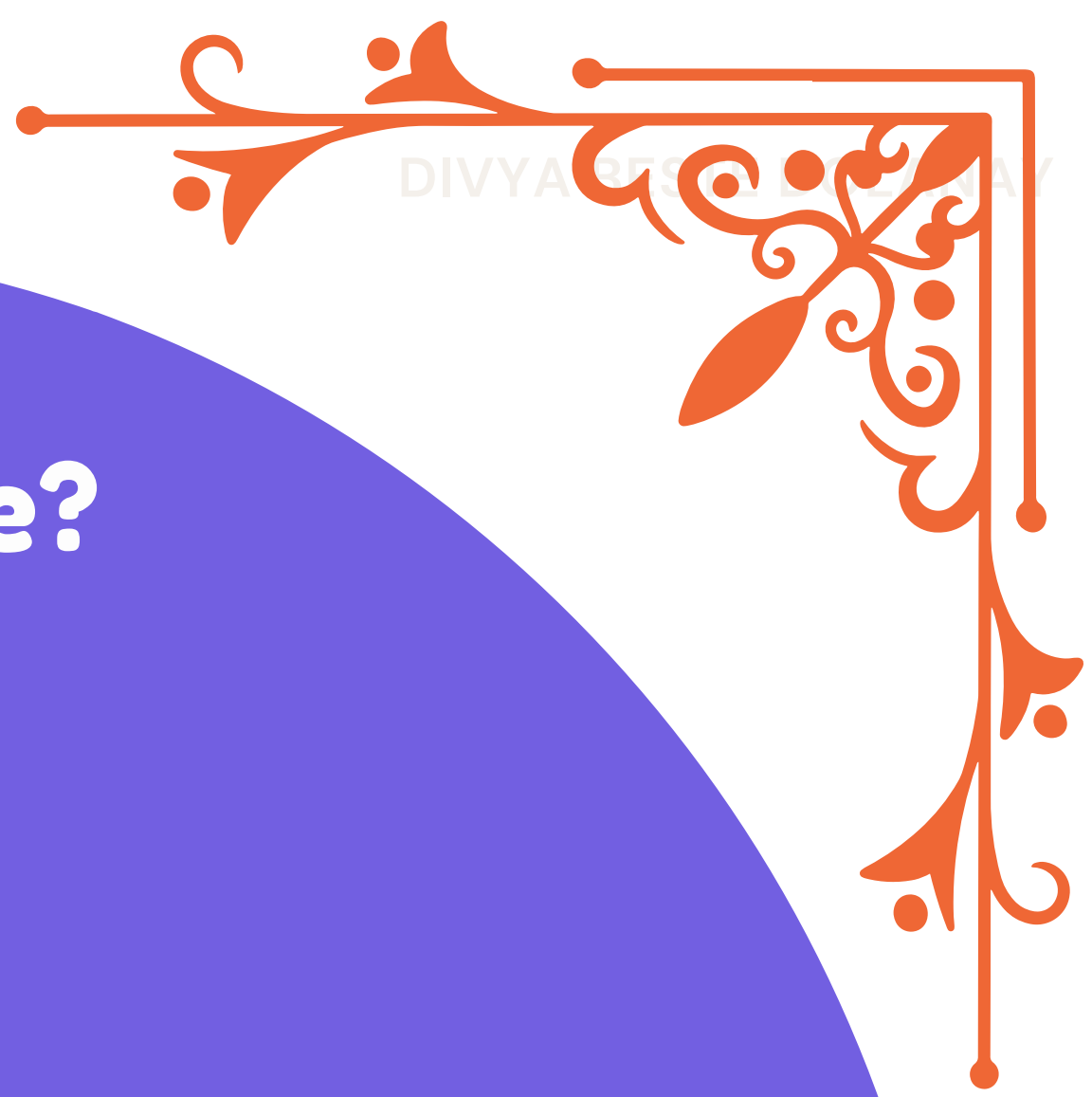
It will help you deepen your knowledge about Traditional Chinese Medicine (TCM) and learn how to incorporate 11 essential acupressure points into your practice.



Acknowledgements

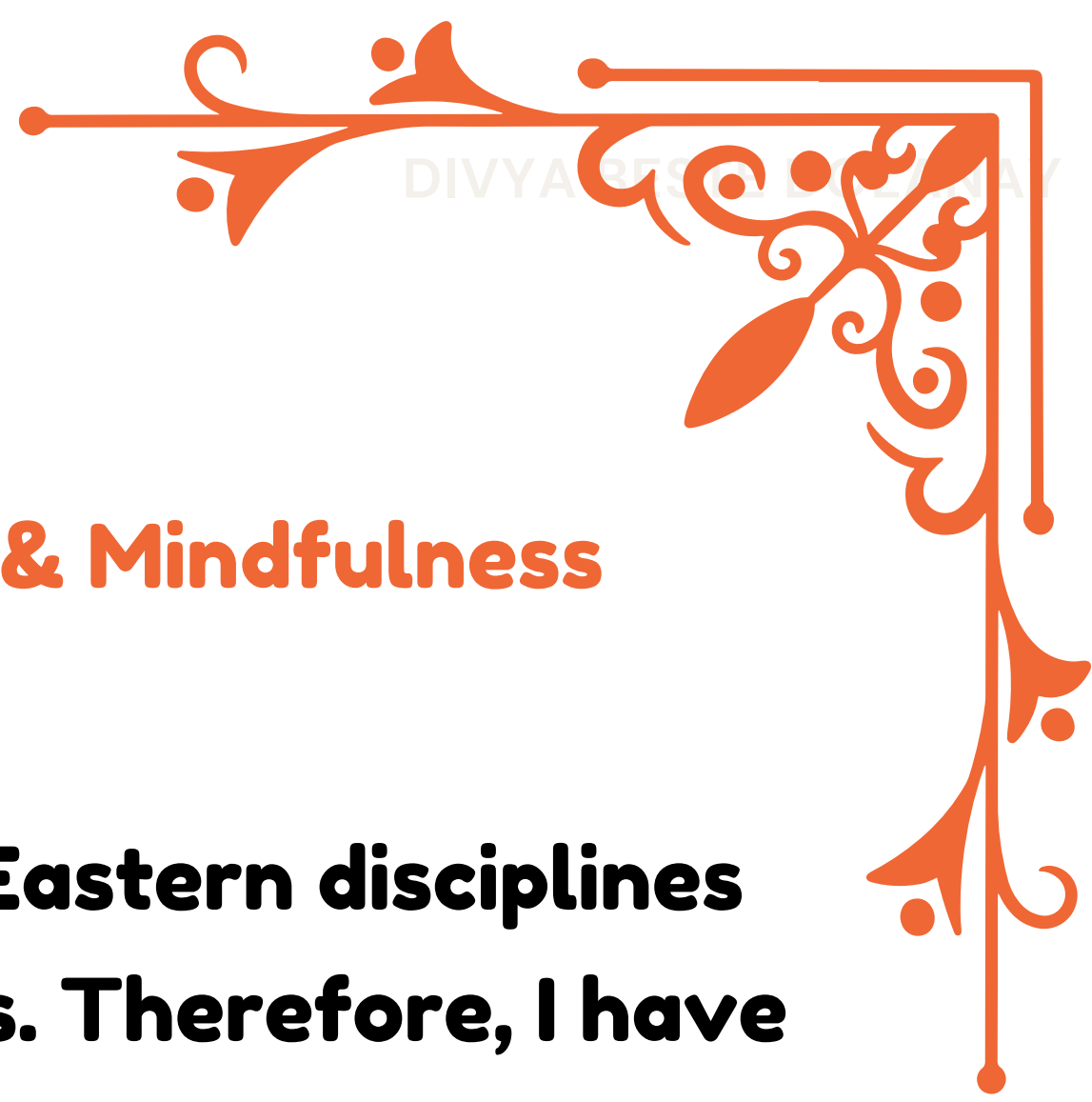
I would like to thank Ada Dolanay for her modelling and editing this e-book.

I am also thankful for my yin yoga teachers Paul & Suzee Grilley and Yoga Medicine teacher/founder Tiffany Cruikshank for her teachings on yoga and TCM.



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Hello, I'm Divya Beste Dolanay.

Founder of Holistic Wellness, Yoga & Mindfulness Teacher and Wellness Coach.

I strongly believe in the wisdom of Eastern disciplines and the self healing power within us. Therefore, I have been deepening my knowledge and education about various invaluable teachings like; Yoga, Reiki, Chinese Medicine, Mindfulness with Shambhala Tibetan Buddhist lineage, Ayurveda, Thai Massage, Energy Medicine, Taoist practices and Qigong.



My passion for sharing what I learn throughout my yoga and spiritual path for over 20 years, has guided me to support my clients, students, friends and family during their healing journeys. Utilizing diverse healing modalities, therapeutic movement, holistic bodywork and mind-body practices, I have created “Holistic Wellness”, an integrated approach for wellness and health.

[Learn More](#)

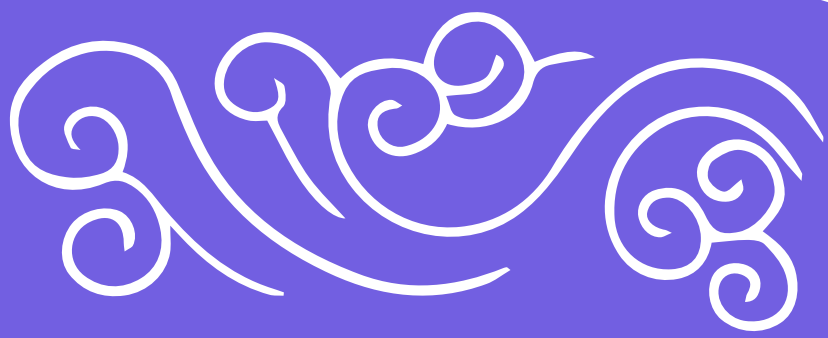
**Energy flows where
attention goes.**



What is Qi?

**In Traditional Chinese Medicine (TCM),
'qi' means energy, same as 'prana' in
yogic tradition.**

**We need to move qi in order to feel
optimum health and wellbeing. To
circulate and harmonize qi, we can use
touch, movement and thought.**



Qi Flow

Qi and blood flow through the meridians (energetic pathways) and they can get affected by environmental, emotional, physical and physiological factors.

This can cause stagnation or lack of qi flow – like a stone stuck in the river – which might lead to pain, deficiency or fatigue.



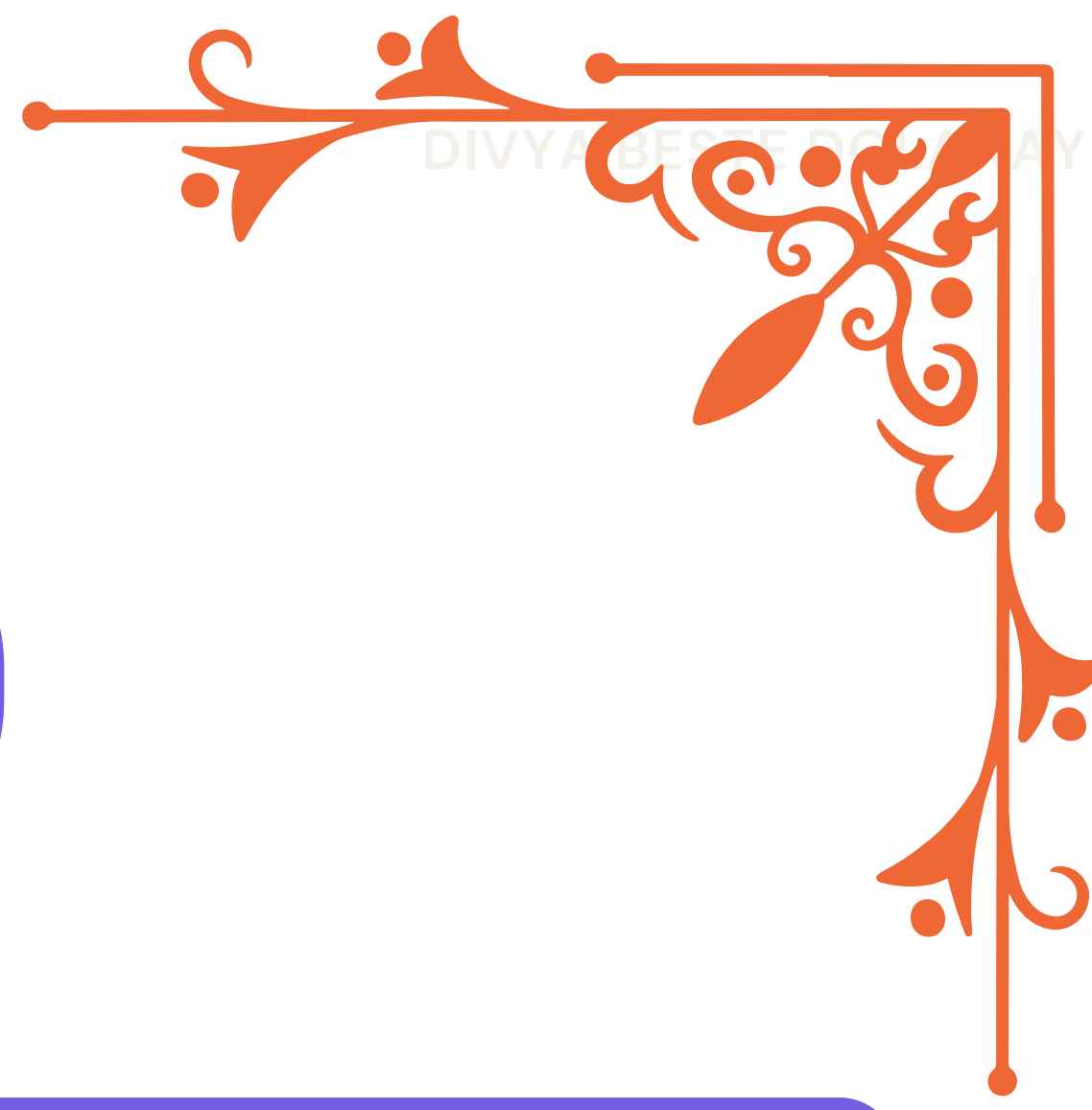


Meridians

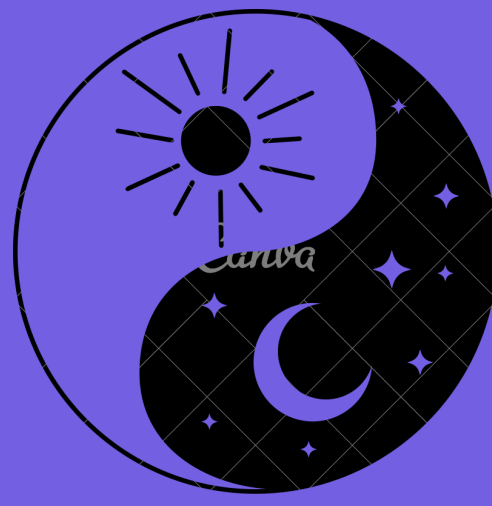
According to TCM, the qi of the body is produced in the internal organs and circulated through the body in the energy channel system known as meridians (energetic pathways, vessels).

There are 12 organs (Zang-Fu), which are extensions of meridians. In addition, there are eight extraordinary meridians, including the two main meridians passing through the midline of the body: conception and governing vessels.

Meridians contain specific acupressure points along each pathway.

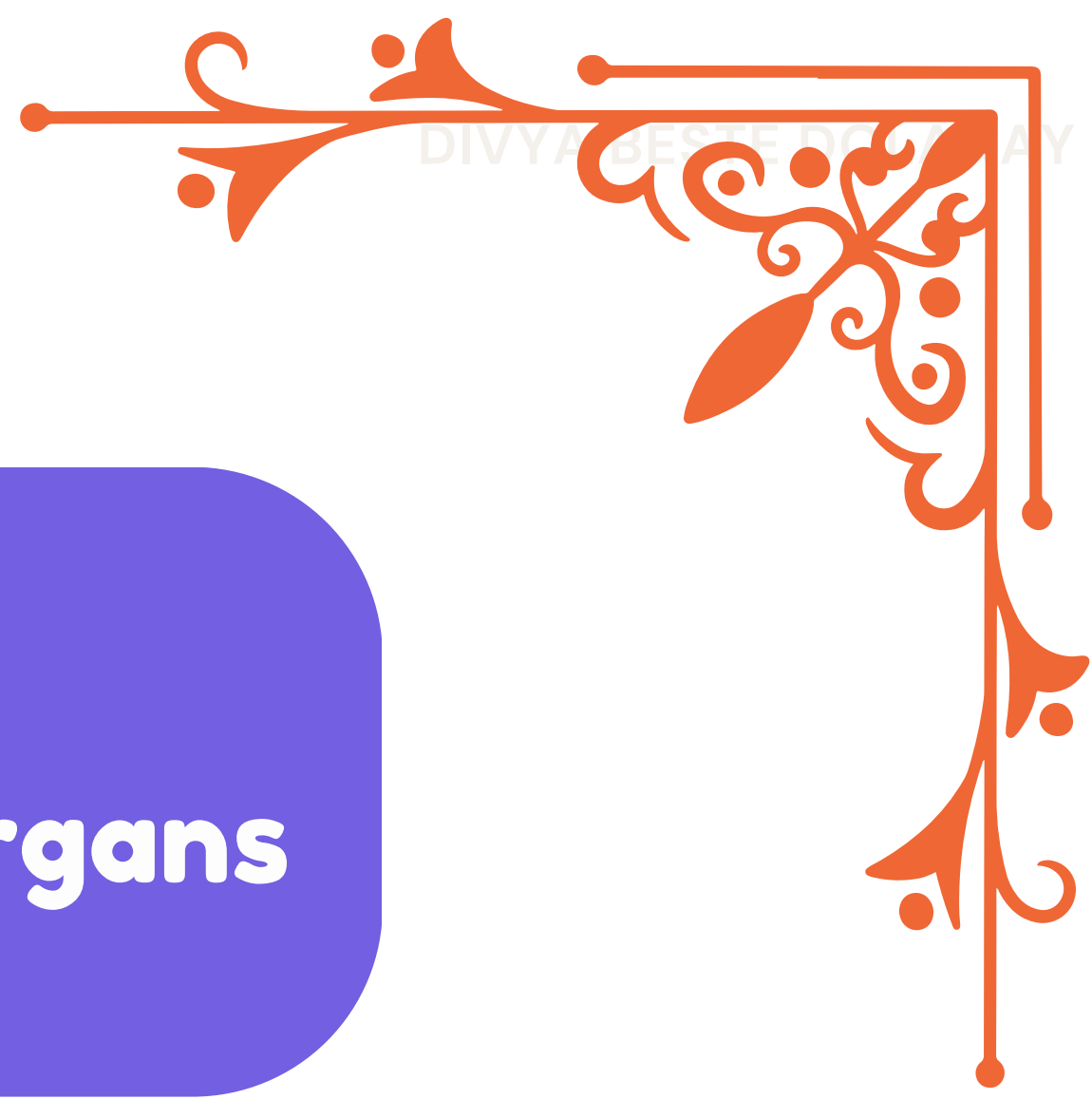


Zang Fu Organs

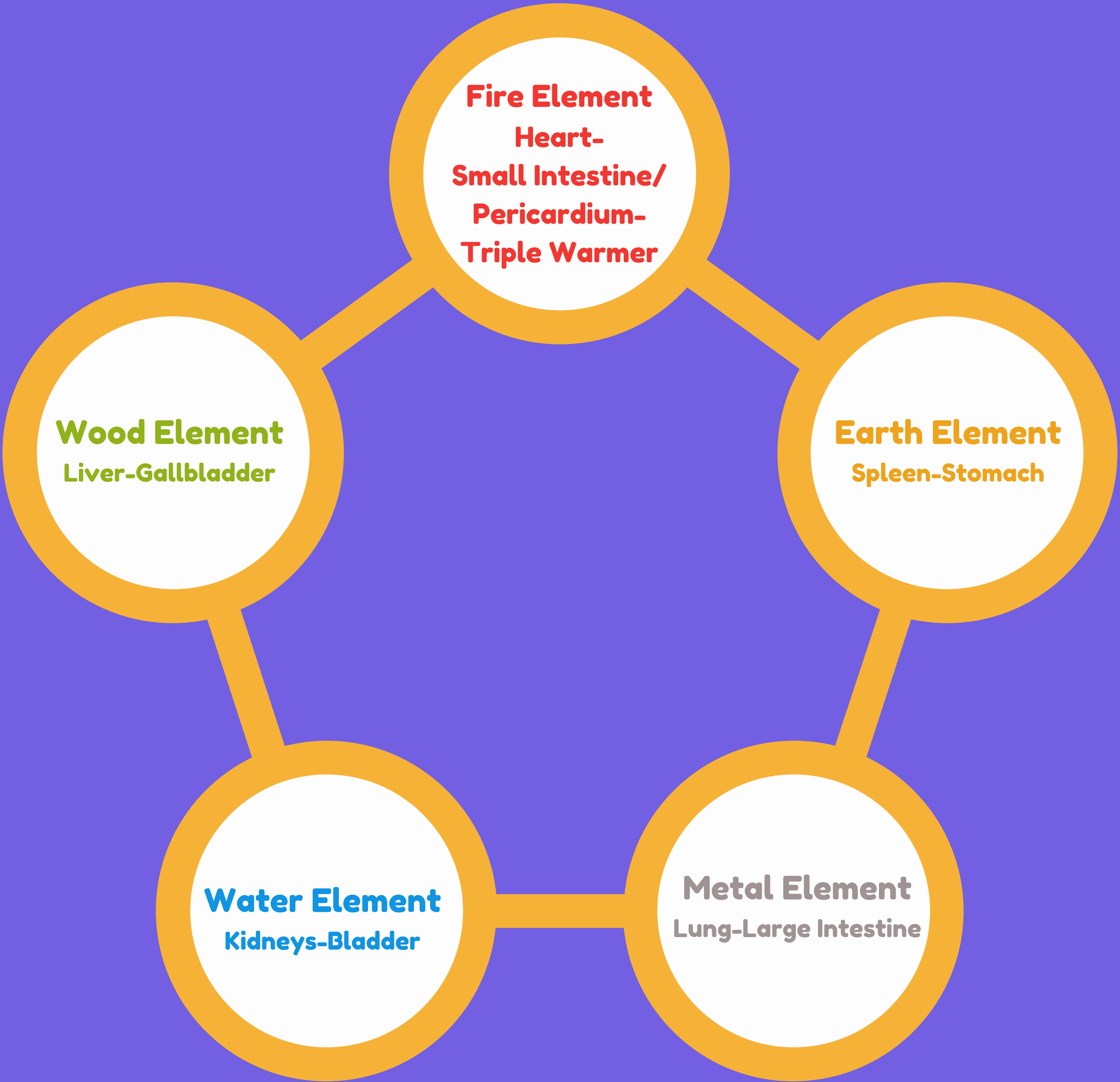


In the Traditional Chinese Medicine organ system, there are 6 zang (yin) and 6 fu (yang) organs. The zang organs are; liver, heart, pericardium, spleen, lungs and kidneys. The corresponding fu organs are; gallbladder, small intestine, san jiao, stomach, large intestine and bladder.

In addition, each organ system is associated with one of the five phases of transformation: the 5 elements.



The 5 Elements and Corresponding Zang Fu Organs





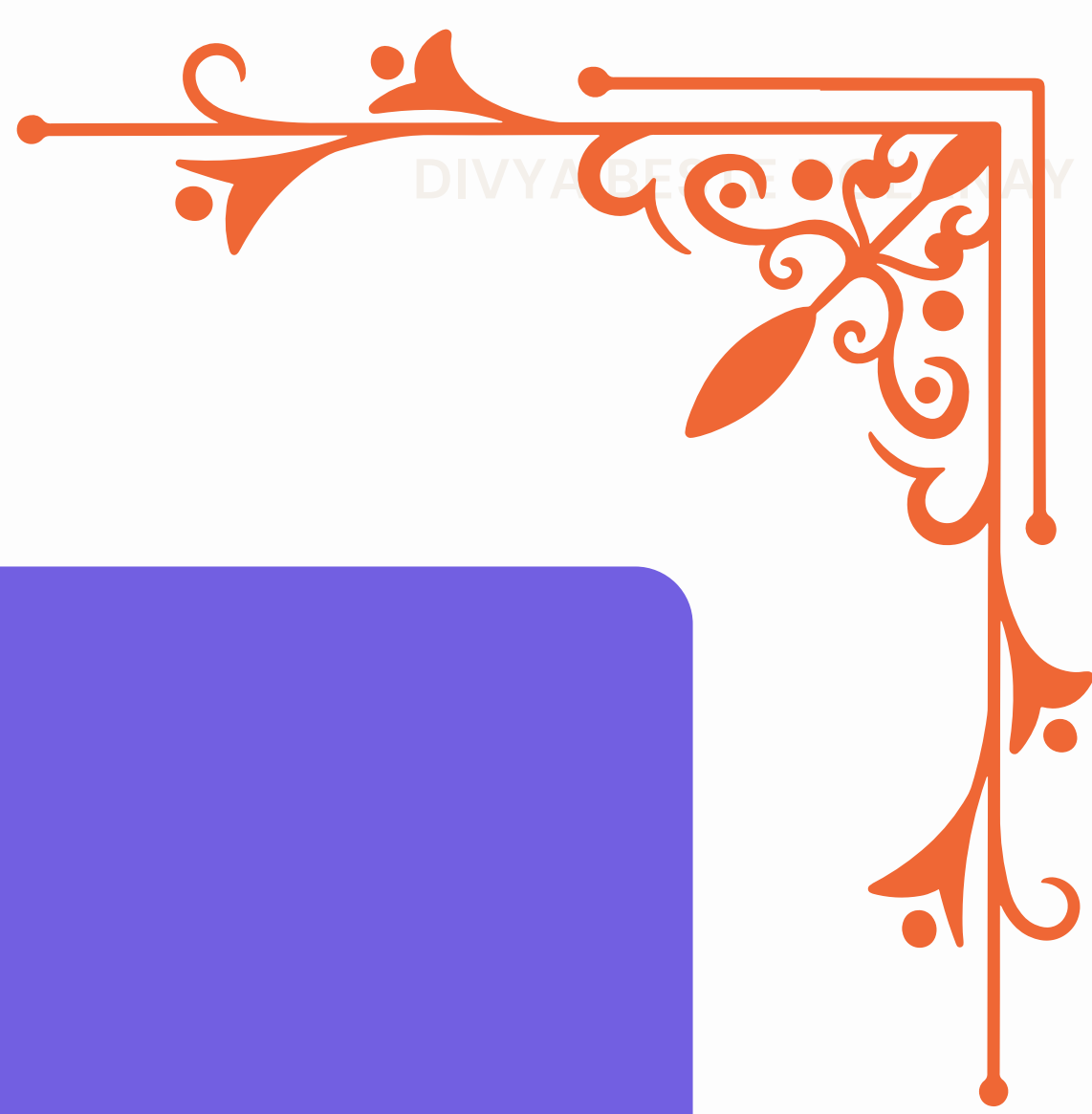
Harmony of Yin Yang



The harmony of yin and yang, and therefore good health, is manifested in the harmonious interaction between the zang and fu organ systems.

When there is disharmony within or between them, there will be signs and symptoms that correspond with the zang or fu system that are affected.





Acupressure

Acupressure is the 5,000-year-old healing art of using the thumb and fingers to press on these key locations. It is one of the most effective complementary modalities that you or a massage therapist can employ.

Acupressure can release muscular tension, promote circulation of both the blood and the body's vital energy and enable the body to relax deeply. By relieving stress, acupressure strengthens the body's resistance to disease and promotes wellness.





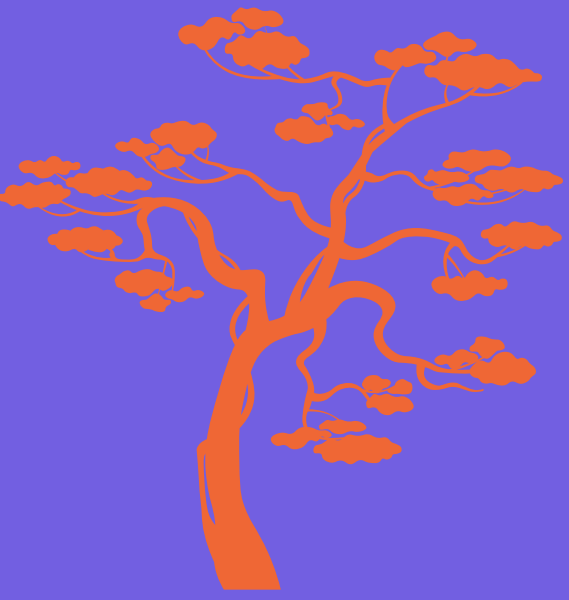
Acupressure Points

The human body is like a map with key points that, when pressed, can stimulate the body's natural healing and self-curative abilities. There are hundreds of effective acupressure points that influence the functioning of the body to address different imbalances.

Acupressure points can be located easily via anatomical landmarks that either lie underneath major muscle groups or near a bony structure. They can be located by proportional Chinese measurements called a “cun”. One cun approximately equals to one thumb's width.



How Does Acupressure Work?



The points are sensitive to bioelectrical impulses in the body and conduct those impulses readily.

Stimulation of these points with pressure releases endorphins. Endorphins are the neurochemicals that close the “gates” of the pain-signaling system. Closing these gates prevent painful sensations from passing through the spinal cord to the brain.

Points that are painful when pressed are considered to be areas where excessive energy has accumulated.

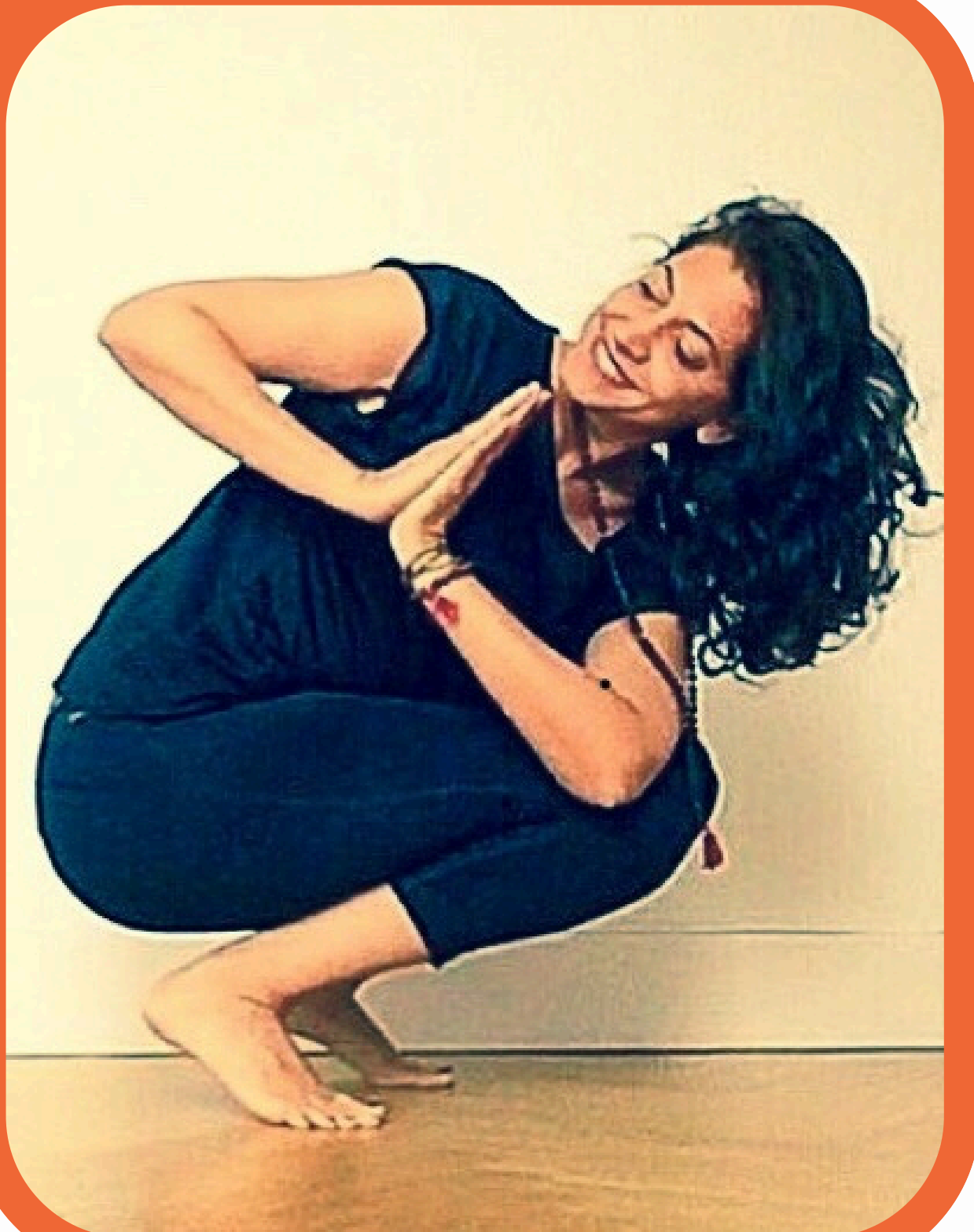




What is Tuina?

Tuina is Chinese Medicine massage and the literal meaning is 'pushing and grasping'. It is a therapeutic bodywork, based on acupressure and TCM acupuncture points.

During tuina, practitioners use fingers instead of needles to apply pressure to stimulate these points.





Main Benefits of Tuina

- **Balances yin and yang**
- **Regulates the zang-fu organs**
- **Opens up the energetic channels**
- **Reduce muscular and joint pain**
- **Supports stress-relief**
- **Promotes circulation of qi and the blood**



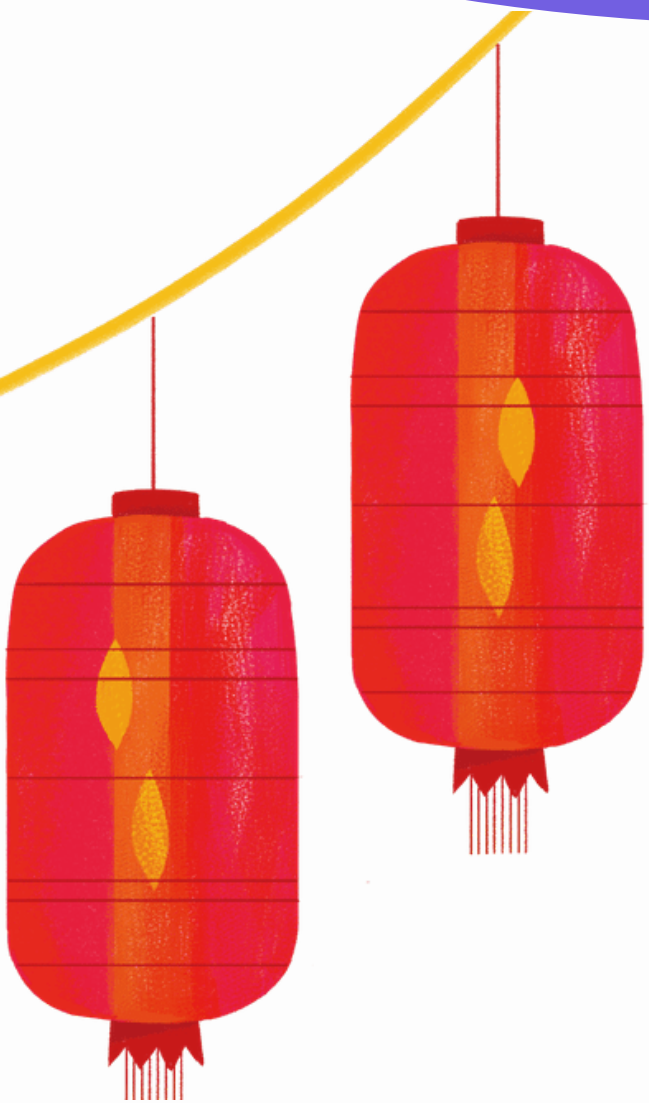


Yin Yoga and Sinew Channels

In TCM, sinew channels flow through the muscles, tendons, ligaments and skin.

With yin yoga poses, we can influence the sinew channels and with self-tuina (self acupressure massage), we can directly influence the primary channels and zang-fu organs.

Depending on the target area, yin yoga poses activate the qi and blood flow in the sinew channels.



Yin Yoga Pose Suggestions for Activating Qi flow

Fire Element: Heart, Small Intestine, Pericardium and Triple Warmer

Puppy pose, balasana (child's pose with extended arms)

Earth element: Spleen and stomach

Child's pose, mountain pose, vajrasana, saddle,
sphinx

Metal Element: Lungs and Large Intestine

Chest openers, sphinx with crossed arms, fish pose

Water Element: Kidneys and Bladder

Sphinx, seal, dangling pose, child's pose, caterpillar,
half butterfly, dragonfly, snail, saddle, toesquat,
mountain pose

Wood Element: Liver and Gallbladder

Dragonfly, half dragonfly, shoelace pose, baddha
konasana, swan pose, bananasana, reclined twist





Guidelines for Integration of Yin Yoga with Acupressure

- **You can self-tuina on an acupressure point while holding a yin yoga pose. Take 10 deep, slow breaths while massaging.**
- **The stimulation of acupressure points is also possible while practicing therapeutic movements and using yoga props. Eg.tapping, thumping or using a yoga block to create gentle pressure on a specific acupoint.**
- **Arometheraphy oils, such as sesame or lavender oil can be used during self-tuina.**
- **Notice if the acupoint that you are massaging is sensitive or not, you can adjust the pressure accordingly.**
- **During your yoga and wellness routine, you can work on each acupressure point, or choose one or two specific acupoints depending on your needs.**

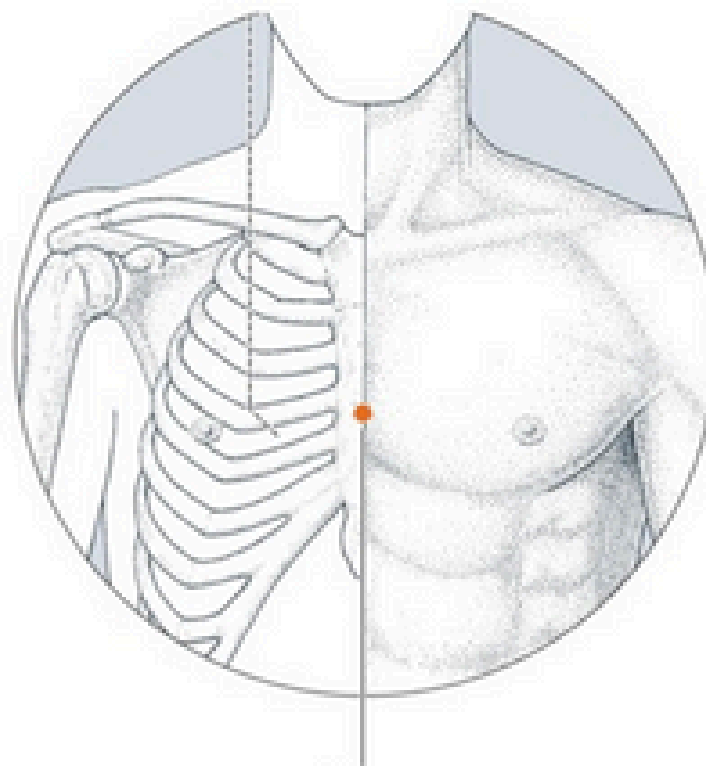


Acupressure Meditation: Ren-17 Acupoint



You can stimulate Ren-17 acupoint during meditation or start of your yoga practice, by placing thumbs or fingers on the acupoint to help you concentrate and calm down. You can also combine this with yintang acupoint (third eye center)

Ren-17 acupoint is located in the center of the chest and it is on the conception vessel (energy channel).



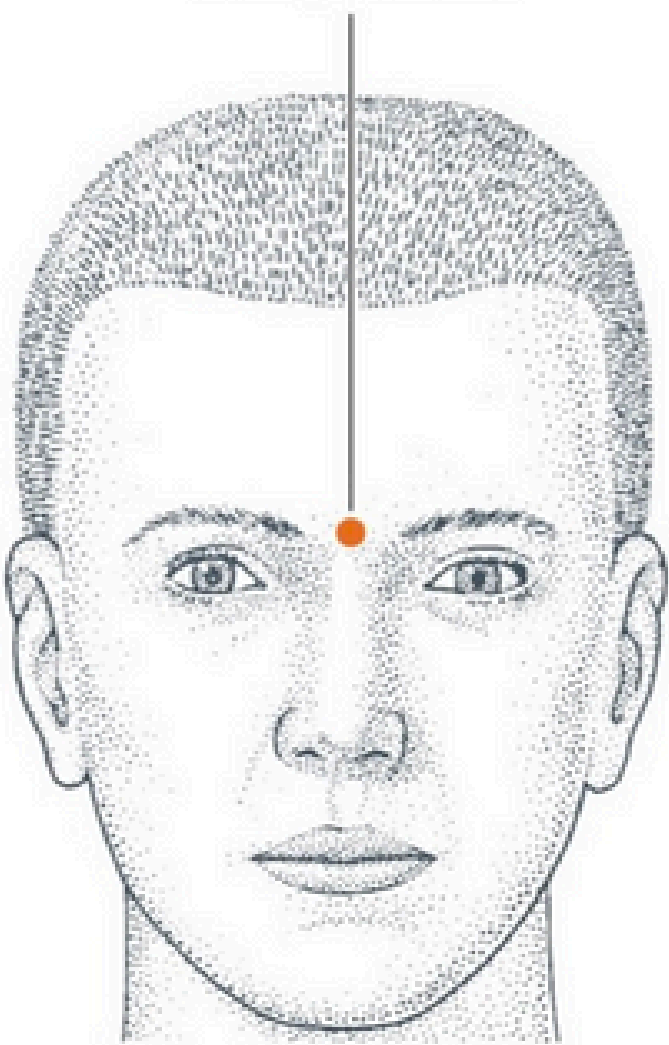
**Ren-17 is the
‘sea of qi and tranquility’**



Acupressure Point for Calming: Yintang

In Indian yogic traditions, this point is called 'the third eye chakra' and it is a powerful spiritual center for intuition.

Yintang (M-HN-3)



In Chinese Medicine, Yintang is an extraordinary (extra) acupressure point as it lies outside the main meridian channels.

Massage Yintang acupressure point gently to calm the mind. This acupoint also helps with insomnia, issues with nose, frontal headaches



“Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself.”

-Hermann Hesse

Yintang Acupoint

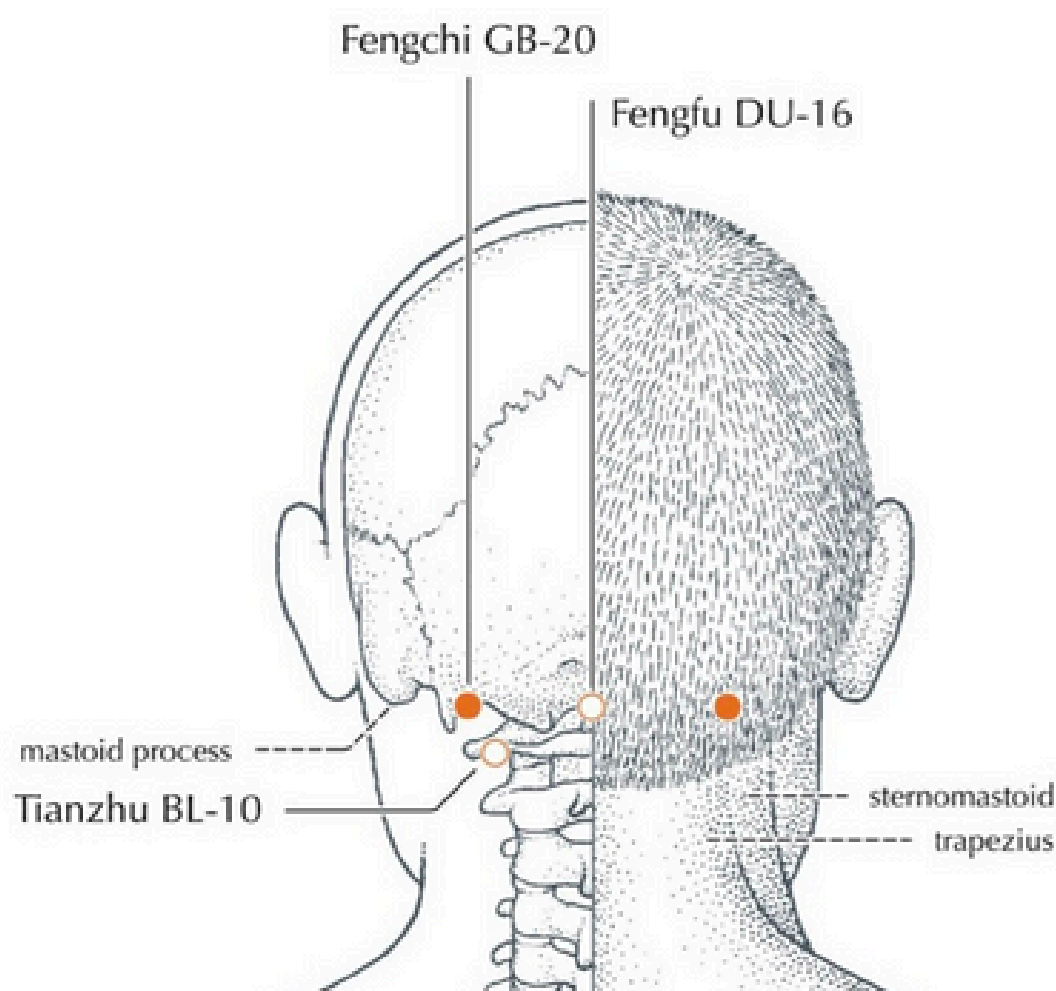
Sample Yin Yoga Poses

- Child's pose, with Yintang Acupoint on a block
- Sphinx pose, with thumbs gently pressuring on the Yintang Acupoint

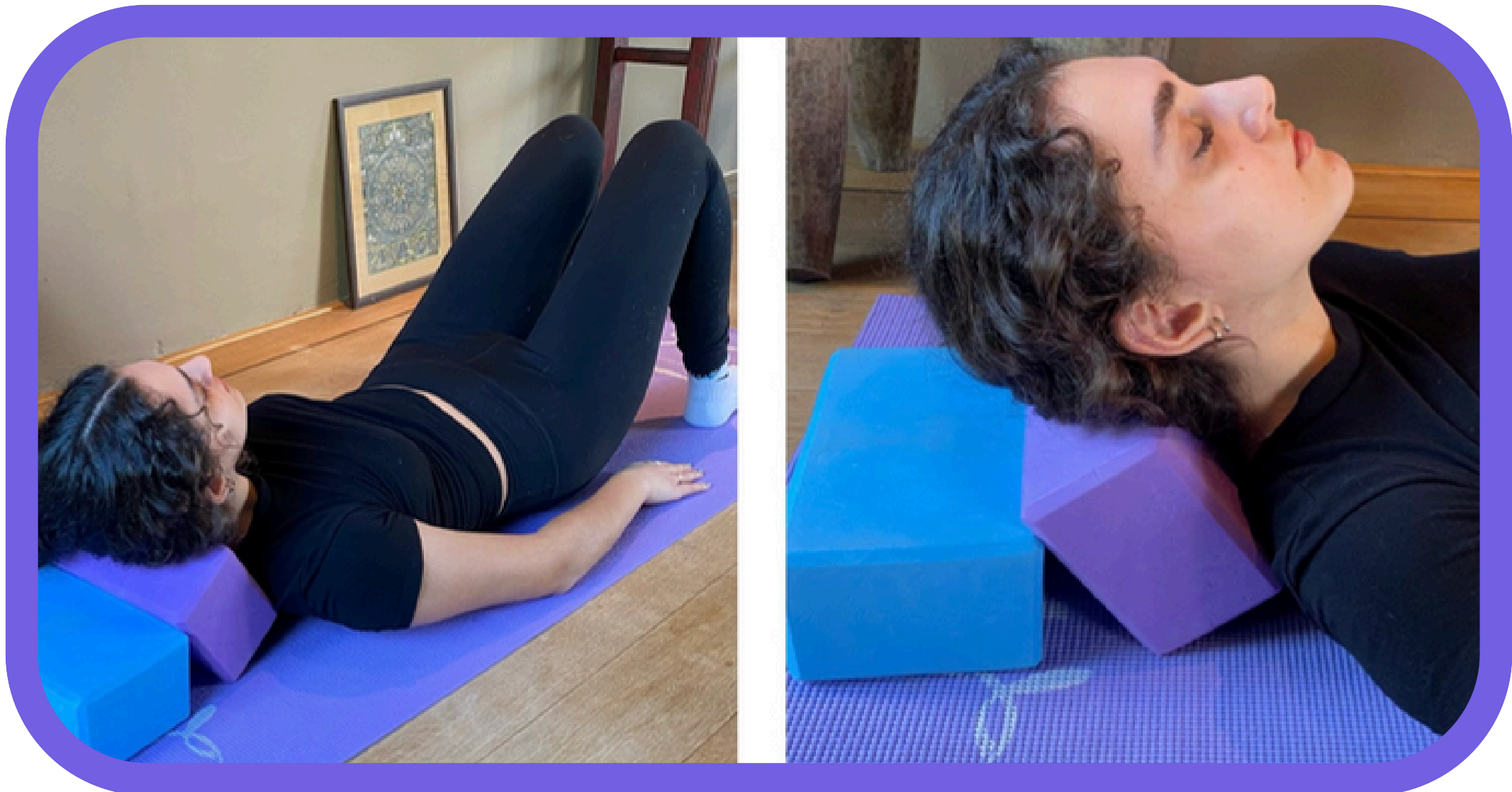




The Acupressure Point for Tension, Stiff Neck and Headache: GB20



Gallbladder 20 acupoint is based on the base of the skull, within the sub-occipital muscles, in the hollows on either side of the neck. It addresses various health concerns like vertigo, dizziness, migraines, insomnia, headaches, shoulder or neck tension, anxiety, sleep disorders, pain and stress by activating the channel.

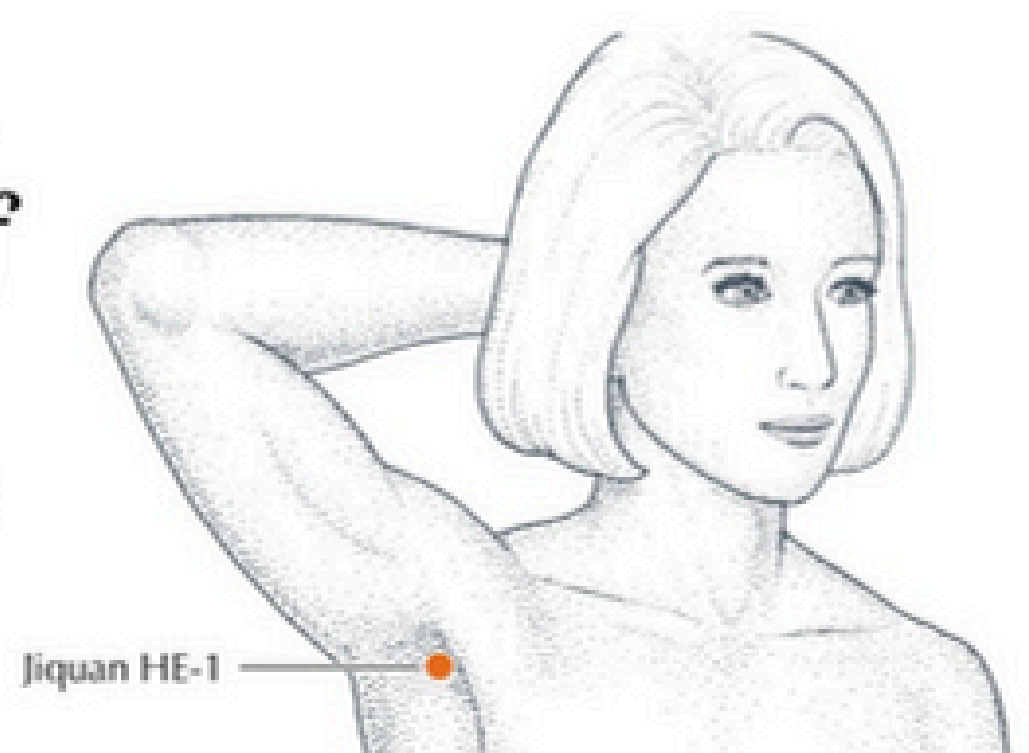


- * Place two blocks on top of each other arranging them in a way that the edge of one block is right under the base of your occiput, when you lie on the floor.
- * Keep your knees bent and arms relaxed at the sides.
- * Roll your head slowly to the left and then right, massage and feel the gentle pressure on Gb 20 and Bl 10 acupoints.



Acupressure Point for Activating Heart Energy Channel: Heart 1

According to Chinese medicine, stimulation of this acupoint regulates the flow of qi through the whole arm, reduces anxiety, unbinds the chest and eases chest pain, benefits issues related with shoulders and arms



Any yoga pose that will open up and stretch armpits and activate the arms will help stimulate qi and blood flow in the heart energy channel.

Just
Breathe

Acupoint Heart 1

Sample Yin Yoga Poses



Lay on your side with a yoga block under your arm. This will create gentle pressure on the Heart 1 acupoint. You can also practice heart melting pose and child's pose with a yoga block under your forearms.

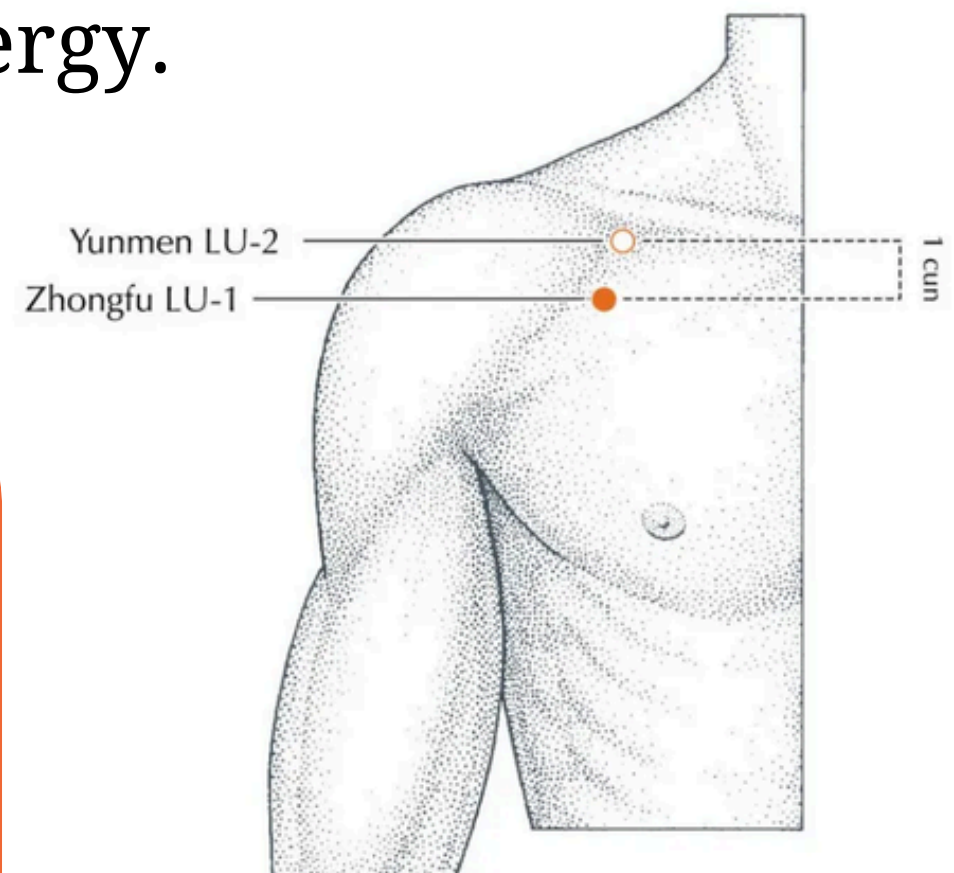




Acupressure Point for Balancing Lungs: Lung 1



Lung 1 acupoint is located in front of your shoulder joint and just underneath your collarbone. This acupoint opens up the chest, alleviating chest tightness and clears heaviness or stuffiness in the chest. This point supports respiratory system, boosts immune system and uplifts energy.



Thump, tap or massage lung 1 acupoint while you are in shavasana pose.

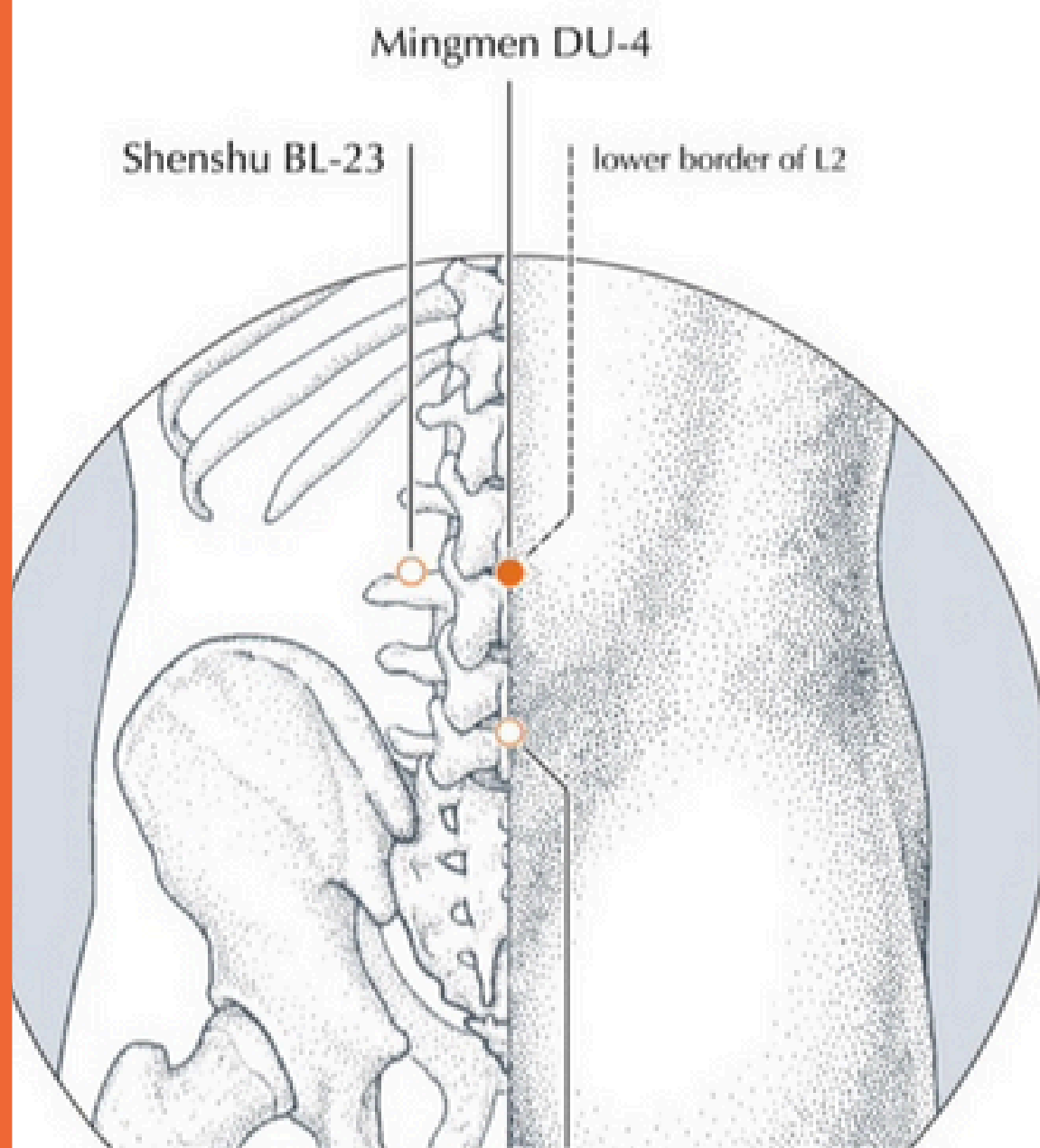


You can also hold the sphinx pose or child's pose with crossed arms and your head on a yoga block to stimulate this acupoint.

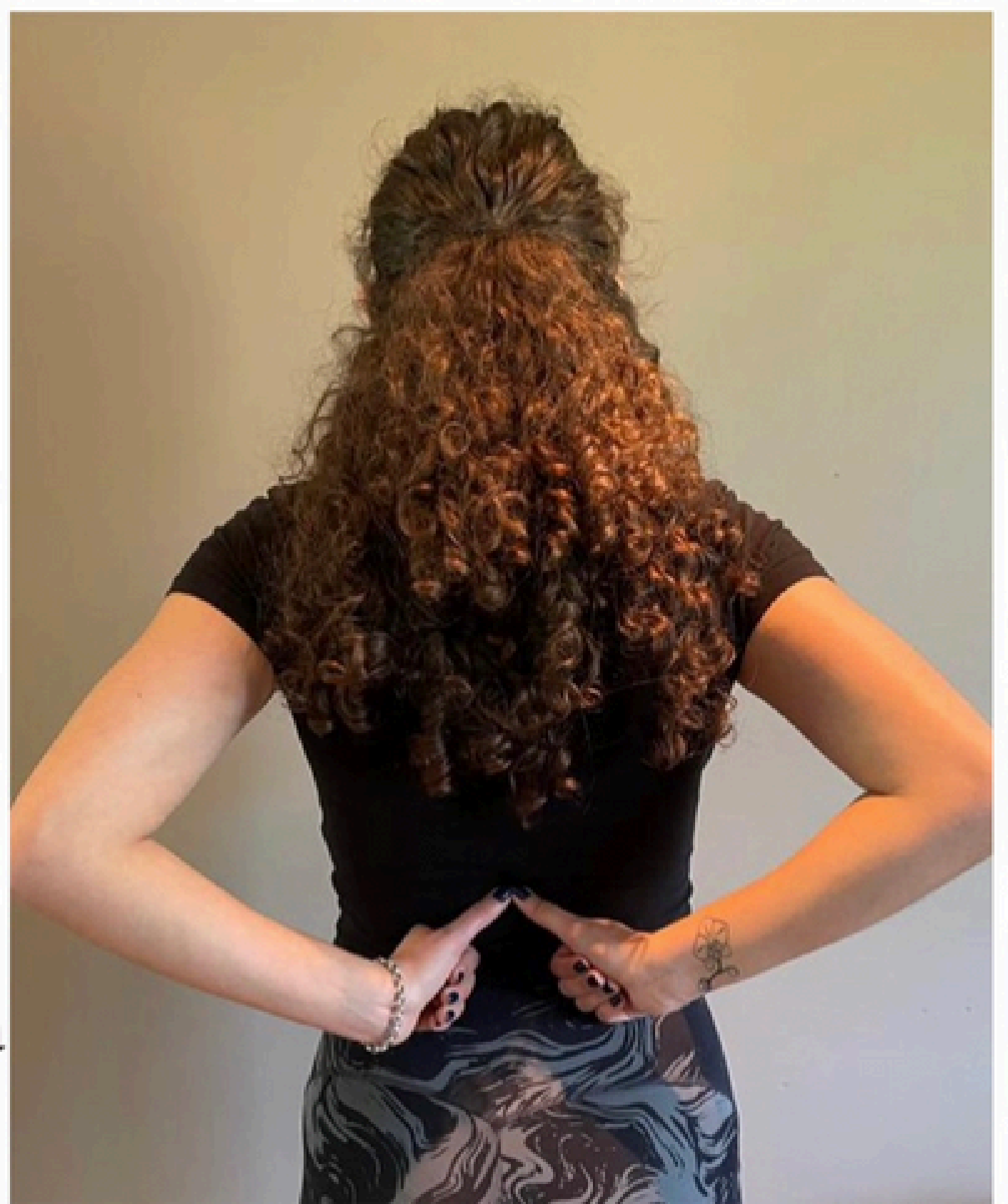


Acupressure Point for Vitality: Mingmen, Du-4

Mingmen acupoint is your vitality and power center, the connection to your essence. This acupoint activates qi flow and power reserves of the body, tonifies kidneys and benefits the lumbar spine.

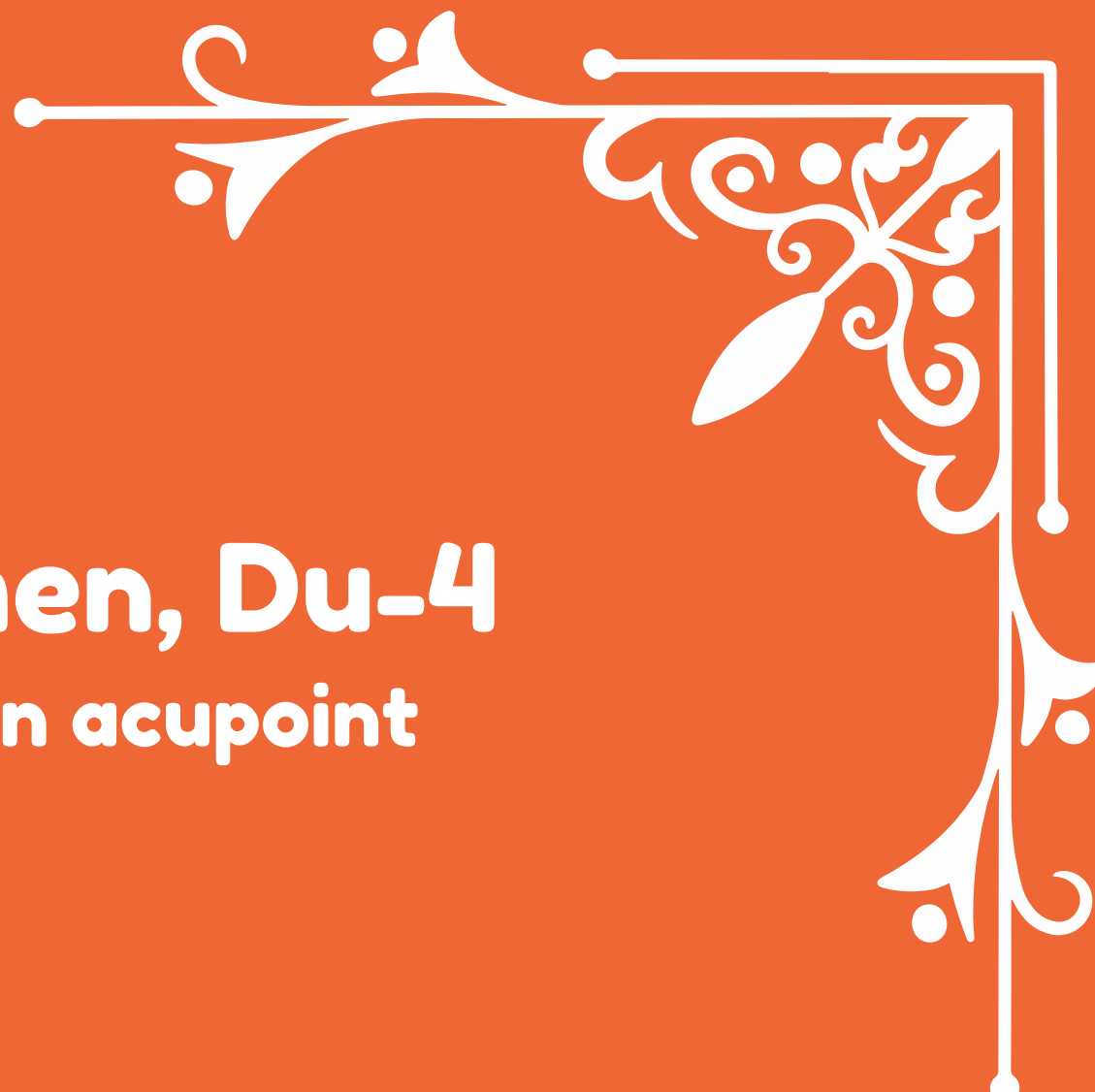


In Chinese Medicine, Mingmen is an important acupressure point on the Governing channel (Du-4), located between kidneys.



Acupoint Mingmen, Du-4

Self-tuina on Mingmen acupoint



Forward fold with bent knees. Interlace fingers and move your hands in circular motion on the Mingmen acupoint. You can also rub the area with open palms. Feel the warmth and awakening of qi flow on the lower back area.



You can also massage the Mingmen acupoint, while you are in child's pose.

**Mingmen acupoint is the
“gate of power and vitality”**

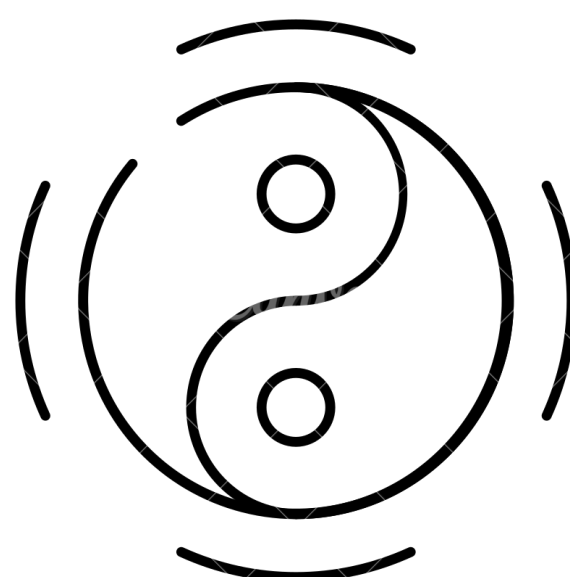


Acupoint Mingmen, Du-4

Sample therapeutic movement



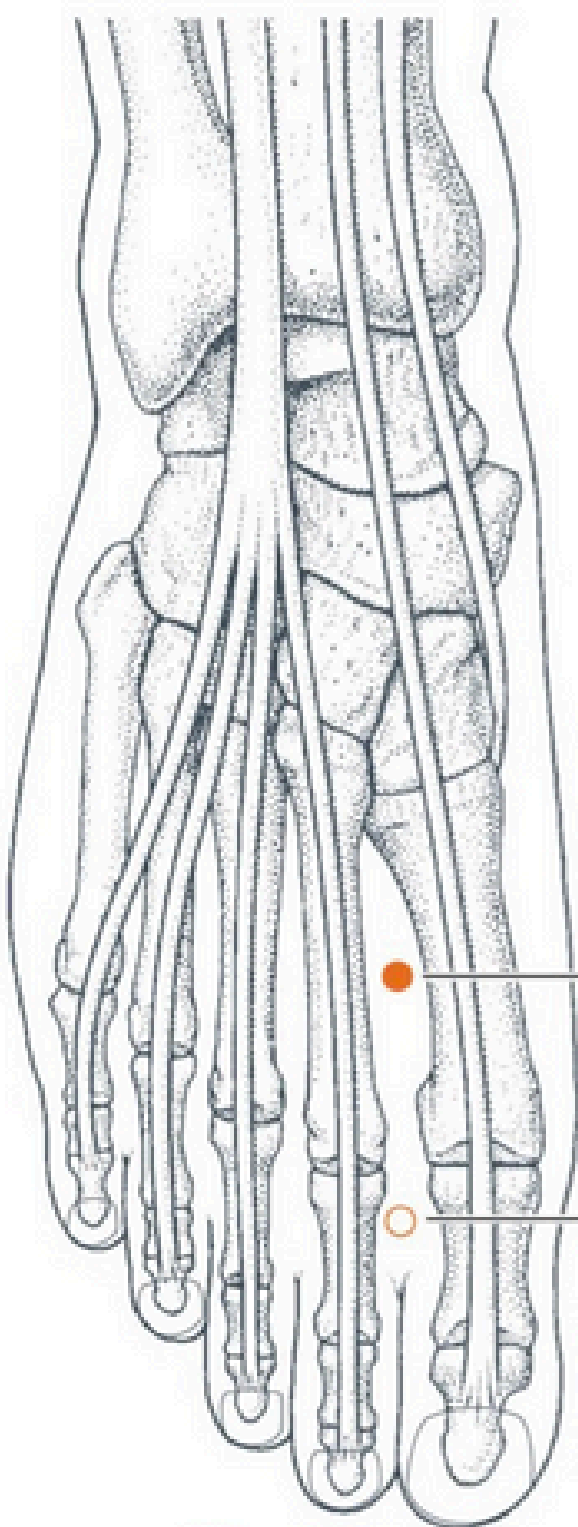
- Begin swinging your arms as you rotate, find your rhythm gently bouncing with slightly bent knees. Generate movement on the lower spine and feel your body warming up with this motion.
- * While swinging, make a loose fist with your hands and tap on your “Ming Men” acupoint to awaken and activate the qi flow on the low back and kidney area. Continue for about 7-8 seconds.
- * Slow down, loosen the hands and come to a standstill. Observe sensations and Qi flow throughout your body.





Acupressure Point for De-stress: Liver 3

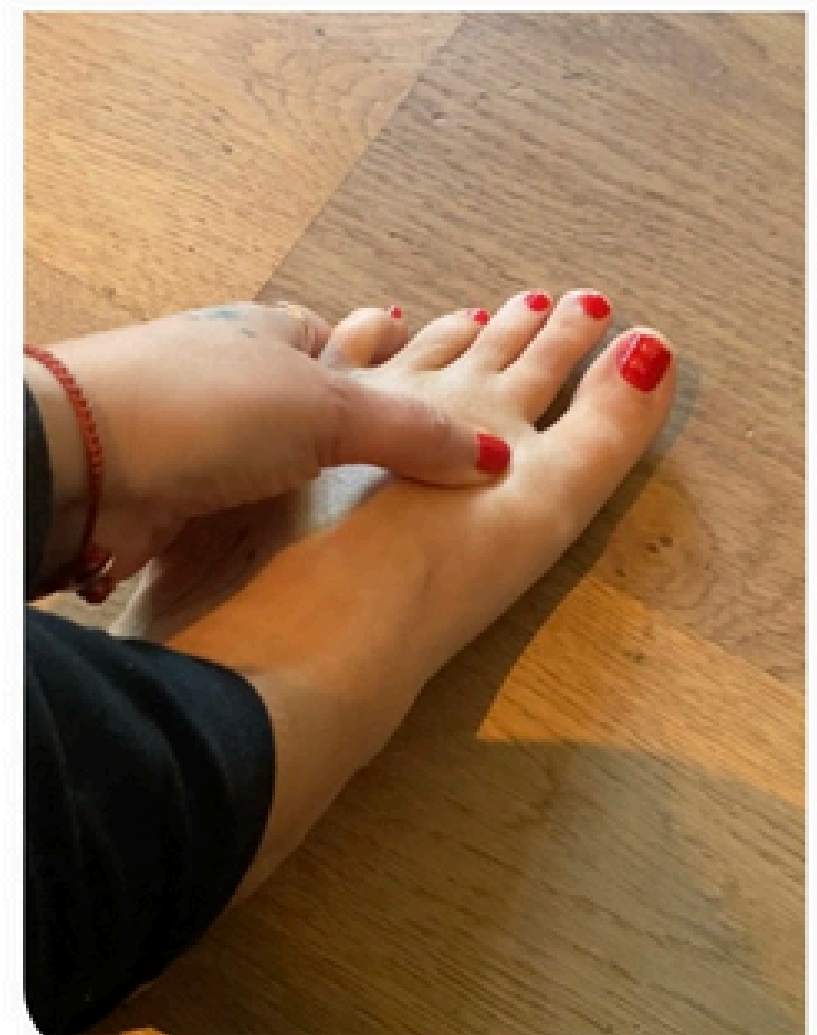
In Chinese Medicine, stress and pain means there is a stagnation in the liver energetic system. Liver 3 acupoint can help pacify liver yang issues.



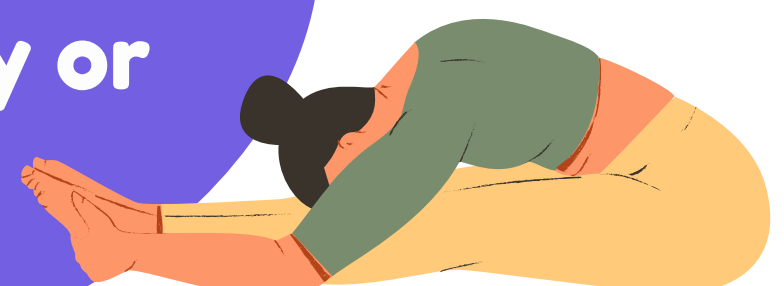
Liver 3 is located on the top of your foot, moving upward from the space between the first and second toes. You may notice this is a tender spot.

Taichong LIV-3

Xingjian LIV-2



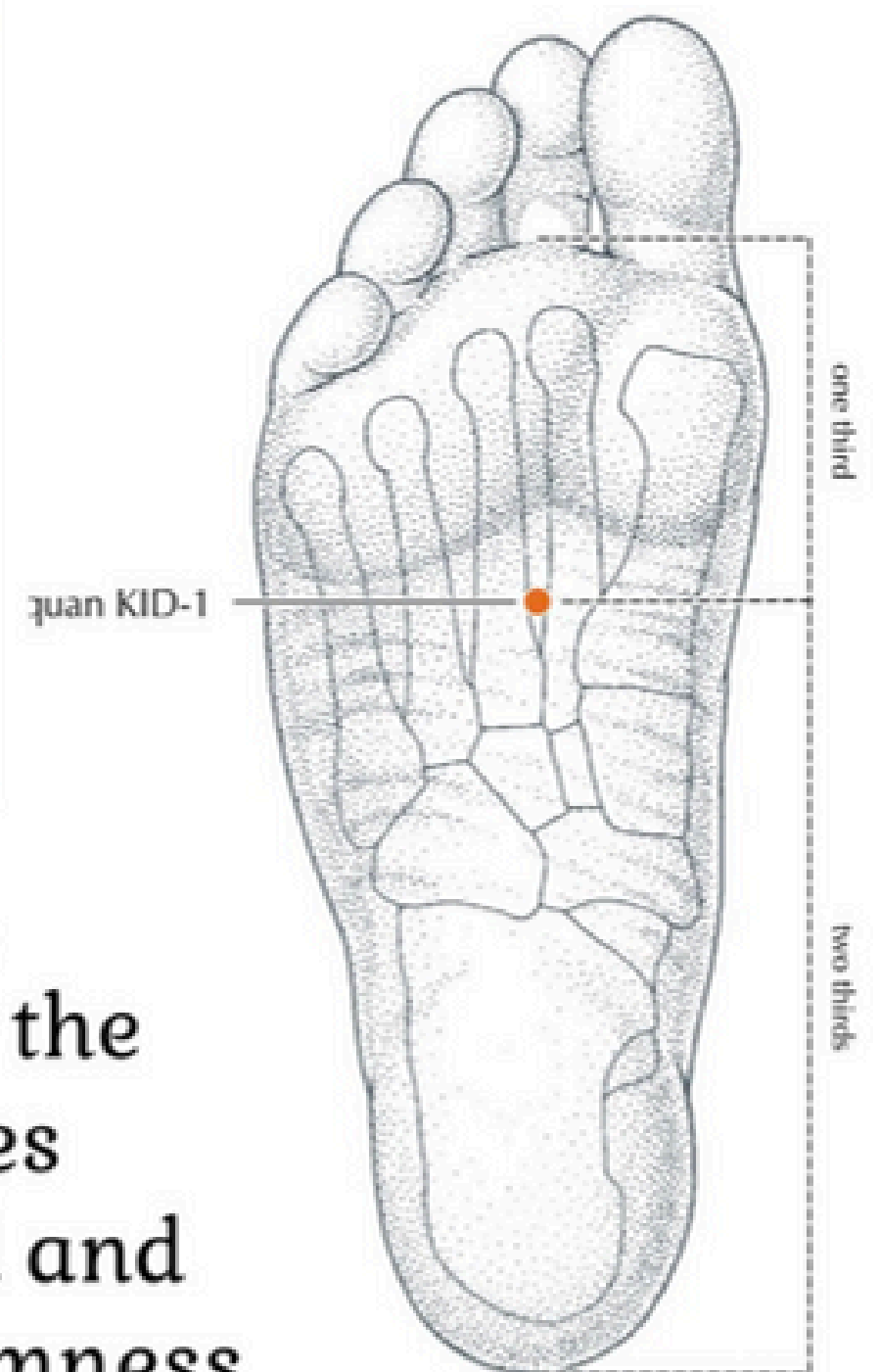
You can self-tuina on liver 3 acupoint, while you hold a seated yin pose such as half butterfly or forward fold.





Acupressure Point for Grounding and Balancing the Kidney Channel: Kidney 1

This acupoint is located on the bottom of the feet and it is the lowest acupoint on the entire body.



According to Chinese medicine, stimulation of this acupoint brings the excess yang energy down, relieves restlessness, helps you feel grounded and turns fear & anxious feelings into calmness (calms the spirit)

In TCM, the kidneys, known as the “The Root of Life, store Essence or Jing, which is the power source and genetic inheritance.

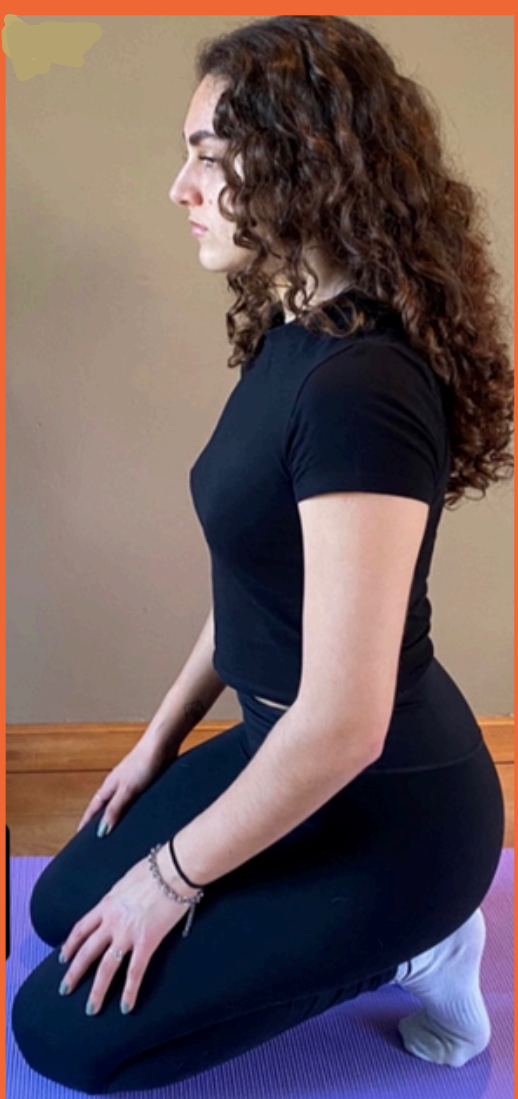
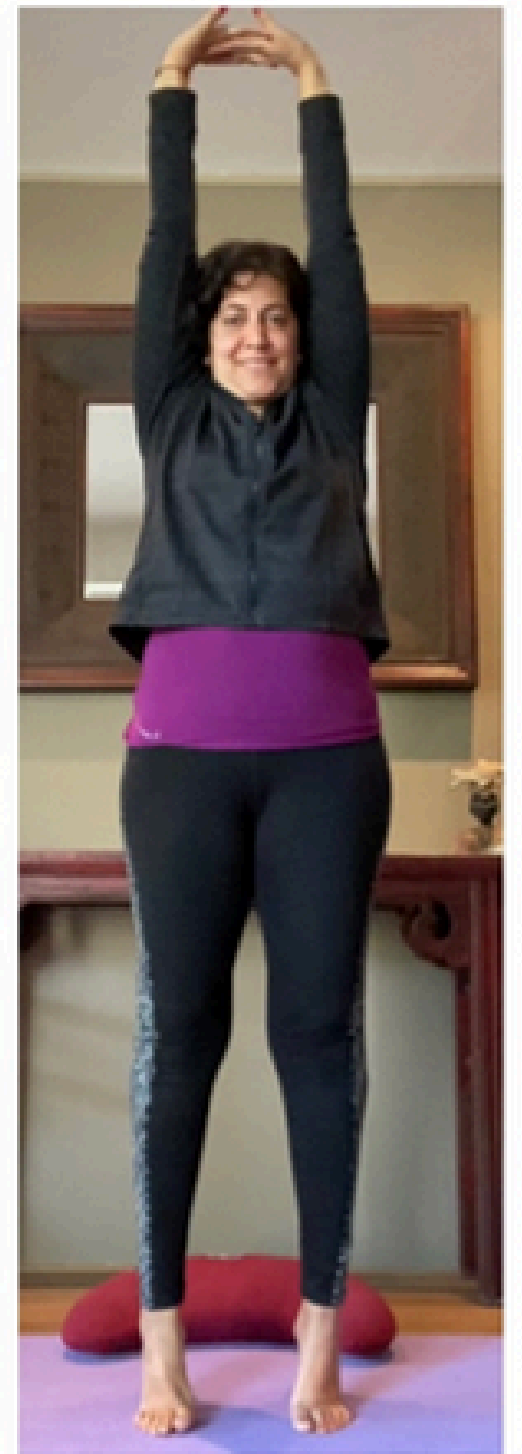
Acupoint Kidney 1

Sample Yin Yoga poses and therapeutic movement

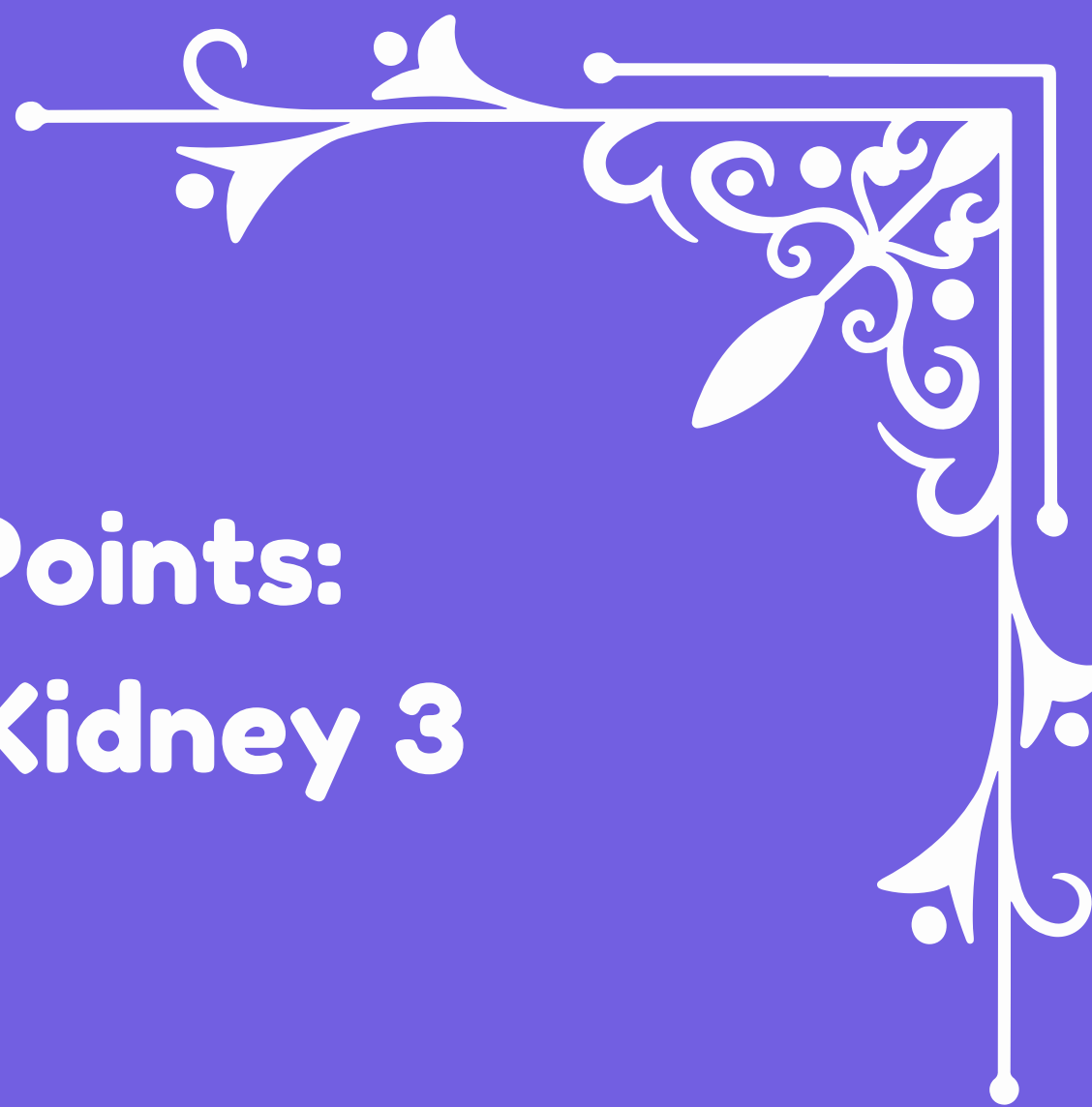
Walking barefoot and rooting through the kidney 1 acupoint during the mountain pose, stretching up on the toes and the dangling pose stimulates the qi flow and harmonize the kidney energy system.



Kidney 1 can be massaged while you are practicing the half butterfly or baddha konasana pose. You can massage for about 1 minute while holding the yin yoga pose.

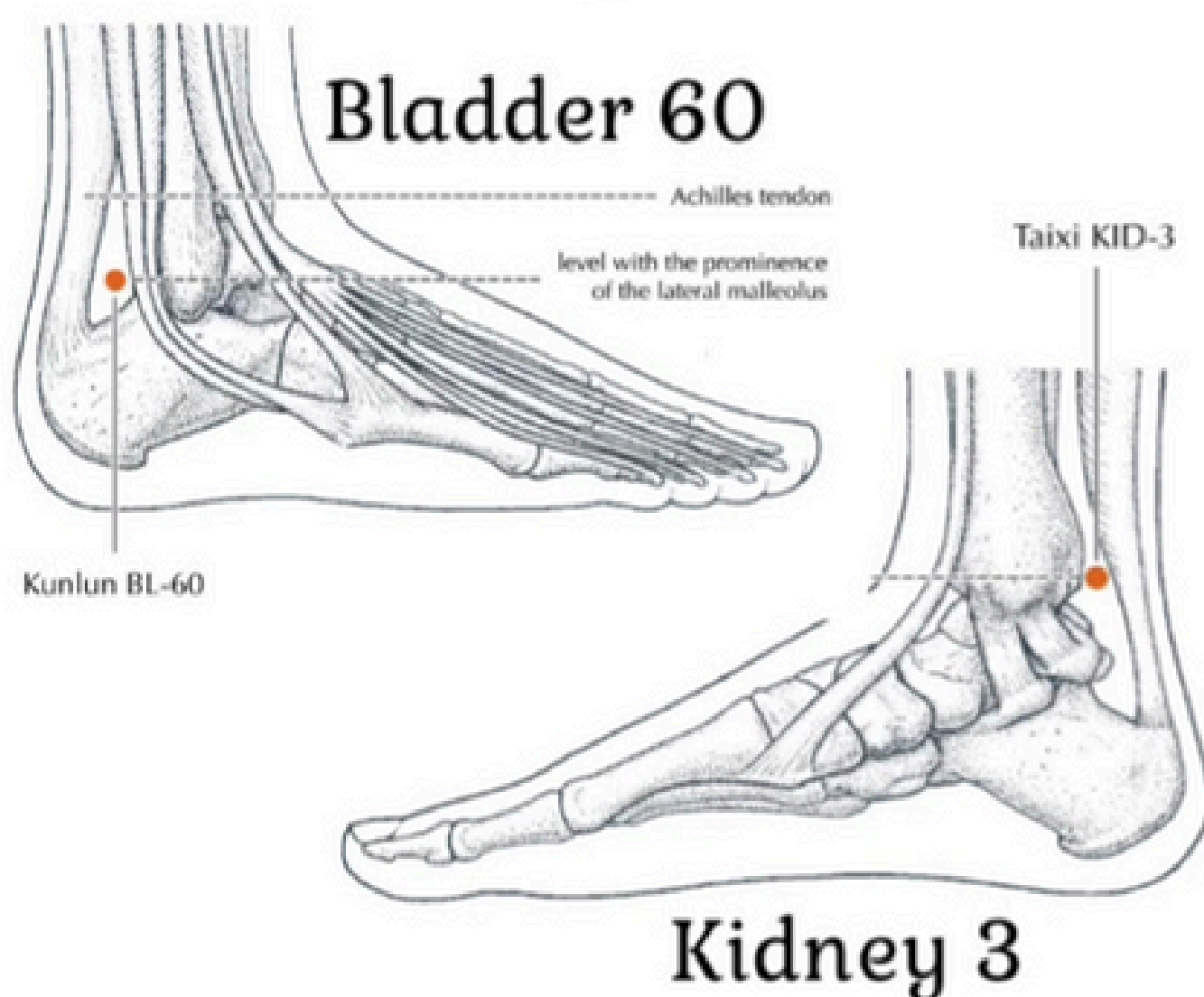


You can also practice toe squat, sitting on your heels, to stimulate kidney 1 acupoint, staying here for about one minute, You can modify this pose by using a yoga block or bolster under your hands leaning forward, if the pressure on the feet and toes are too much.



Acupressure Points: Bladder 60 and Kidney 3

Kidney 3 is an acupressure point along the kidney energy channel and Bladder 60 is on the bladder energy channel, located behind the ankle joint.



You can self-tuina (chinese medicine massage) on these acupoints at the same time about 1 minute pinching your fingers, while you are in Baddha konasana pose (both sides or one side is also sufficient)

These two acupoints are beneficial for reducing swelling on the limbs and reducing lower back pain.





Acupressure Point for Women Health and Dampness in the Body: Spleen 6



Spleen 6 acupoint is located 4 fingers width above the inner ankle bone on the lower leg. This point is the intersection point for three yin meridians; liver, kidneys and spleen.

Spleen 6 acupoint is the most beneficial acupoint for women health such as regulating menstruation, issues with dampness in the body, digestive and urological disorders. It also calms the spirit, helps with palpitations and insomnia.

Caution: Contraindicated in pregnancy



You can self-tuina on spleen 6 acupoint while you are holding yin poses such as shoelace, half butterfly or dragonfly.



Bonus

The 4-thumps



There are 4 points in the body that we can thump/tap to stimulate the flow of qi: Spleen, Thymus, Kidney and stomach points.

Thumping or tapping on especially these four important meridian points is a very quick and powerful way to awaken and boost our energies. Activation and circulation the qi flow in the meridians cultivates balance and harmony in the body.

[Click here](#)
for detailed explanations and
a short video on how to
practice the 4-thumps.





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