

MERIDIAN FLOW YOGA: YOGA THERAPY

A brilliant combination of YOGA & CHINESE MEDICINE

BY: MAGGIE HEINZEL-NEEL

GUIDE YOUR ENERGY WITH YOUR MIND + BREATH: 'Yi Qi Li' is the ancient Qigong practice of guiding Qi (pronounced, 'chi', meaning energy, or prana). Qi flows through energy pathways, called meridians, which correspond to our organs. Meridian Flow Yoga utilizes this energetic focus while in yoga poses.

The results? An empowering, efficient flow of Qi which creates a calm Zen-like body, mind, and consciousness. Yoga with Yi Qi Li enhances the physical, emotional, and conscious layers of our BEING, profoundly affecting our overall health. By visualizing the flow of Qi as a golden thread of light guided by our focused breath, we move a strong and balanced flow of energy to the organs. We feel a healthy state of homeostasis and well-being, which relieves so many students of their chronic pain, anxiety, and autoimmune issues.

The combination of alignment based vinyasa yoga sequences with Qigong, Kundalini Kriyas, and Chinese Medicine follows the 5 seasons in the Chinese Medicine calendar: spring, early summer, late summer, autumn, and winter. Each season has its own emotional signature and energy. This "energy signature" relates to the organs that are in energetic 'high tide' during a given season.

The emotions we suffer are part of the natural flow of the seasons that affect everything in nature. We all feel them, we're not alone, so we've built a community of yogis and yoga teachers to learn with, be inspired by, and to elevate each other.

My students who suffer from chronic anxiety, pain, and autoimmune issues agree that nothing works like this practice to relieve their symptoms. Several, with their physicians' approval, have reduced their medications after consistent practice.

We meet one weekend during each of the 5 seasons according to Traditional Chinese Medicine, which is about every 10 weeks.

“This training has been the most comprehensive training I have ever done. I have done other trainings and nothing compared to this.”

-Master Path Student

In the SPRING our sequences stimulate the liver and gallbladder meridians, working with the emotions of anger while cultivating an even calm disposition.

In the EARLY SUMMER, we work with the energies of the heart and small intestine, working with the emotions of anxiety, while cultivating joy and peace in the heart.

During the LATE SUMMER, the stomach and spleen and the emotions of worry and doubt are energetically running strong. We create sequences to stimulate the meridians which creates a grounded trust and generosity. This soothes the worried mind that leads to ulcers and digestive problems.

In the AUTUMN, the lungs and large

intestine are energetically in 'high tide' which leads to grief and sadness. Practicing pranayama for the lungs, we shift grief into integrity, which is the virtue of the autumn season.

In the WINTER, the kidneys and bladder are front and center. The kidneys hold the emotion of fear when the energy is maladapted and the virtue of will power when running efficiently. We bring more Qi into our kidneys to cultivate our endurance, feeling strong and confident.



The Masters Path is for any yoga practitioner or teacher that wants to uplevel their practice with this knowledge of seasonal protocols.

The advanced 300 hour teacher training program is the 'Masters Path+' with the requirements needed for certification by the Yoga Alliance to obtain a 500 hour certification.

Training Dates 2022

January 14-16, April 8-10, June 3-5
August 19-21, September 30-October 2

