

Level: Beginner, Intermediate
Duration: 90 mins
Playlist: <https://soundcloud.com/user-702445002/sets/yin-yoga-flow>
Focus: Hips, heart
Props: Bolster, Wall, Block, Cushion, Strap

Yin Yoga combines aspects of Buddhist mindfulness practices, Chinese meridian theory and classical Yoga to create a deep experience of letting go. In holding grounded poses for a long time, the fascia – the body’s interconnected energetics, begins to relax and release long-held tensions stored in the body mind, helping to open the body, focus the mind, and nourish the soul.





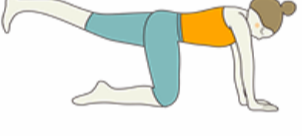







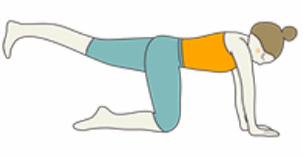





Practice Tips

The Three tenets of Yin Yoga:

Edge. Come into each pose to your edge. Find that place where it hurts so good! If any short, sharp or pinching sensations arise, gently back out of the pose.

Breath. Come into a slow, mindful and flowing breath. Let the inhales and exhales guided you deep into the body and mind. Feel how the breath helps you find space within.

Stay. In this practice we cultivate our ability to be more present, still, open, and allowing. We also cultivate the resilience and becoming more responsive than reactive to what life presents. In this Yin session, we hold our bodies anywhere from 3-7 minutes per pose. The body’s connective tissue, known as the fascia, responds well to long holds to really long-held tensions. Our task here is to watch the discomfort, the restlessness, the frustration, or whatever arises, and breathe into that sensation, allowing it to be there without any need to edit, judge or change.

<p>1</p>  <p>Reclined Butterfly With Bolster Supta Baddha Konasana Bolster</p>	<p>2</p>  <p>Seated Cat Cow Pose Upavistha Bitilasana Marjaryasana</p>	<p>3</p>  <p>Child Pose Balasana</p>	<p>4</p>  <p>Table Top Hip Circles Bharmanasana Hip Circles</p>	<p>5</p>  <p>Table Top Pose Variation Leg Raised Bharmanasana Variation Leg Raised</p>	<p>6</p>  <p>Sleeping Swan Pose</p>
<p>7</p>  <p>Head to Knee Pose Janu Sirsasana</p>	<p>8</p>  <p>Shoelace Pose</p>	<p>9</p>  <p>Revolved Shoelace Pose</p>	<p>10</p>  <p>Cow Face Pose Variation Resting On Bent Hands In Front Gomukhasana Variation Resting On Bent Hands In Front</p>	<p>11</p>  <p>Seal Pose</p>	<p>12</p>  <p>Child Pose Balasana</p>
<p>13</p>  <p>Table Top Pose Variation Leg Raised Bharmanasana Variation Leg Raised</p>	<p>14</p>  <p>Sleeping Swan Pose</p>	<p>15</p>  <p>Head to Knee Pose Janu Sirsasana</p>	<p>16</p>  <p>Shoelace Pose</p>	<p>17</p>  <p>Revolved Shoelace Pose</p>	<p>18</p>  <p>Cow Face Pose Variation Resting On Bent Hands In Front Gomukhasana Variation Resting On Bent Hands In Front</p>

19



Sphinx Pose

Salamba Bhujangasana

20



Child Pose

Balasana

21



**Reclined Supported Hero Pose
Variation Bolster**

*Supta Salamba Virasana
Variation Bolster*

22



Child Pose

Balasana

23



Seated Straddle Pose

Upavistha Konasana

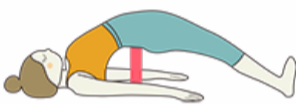
24



Wind Release Pose

Pawanmuktasana

25



**Bridge Pose Variation Block
Support Legs Straight**

*Setubandha Sarvangasana Variation
Block Support Legs Straight*

26



Supine Spinal Twist Yoga Pose I

Supta Matsyendrasana I

27



Supine Spinal Twist Yoga Pose I

Supta Matsyendrasana I

28



Wind Release Pose

Pawanmuktasana

29



Legs Up The Wall Pose Bolster

Viparita Karani Bolster

30



Plough Pose

Halasana

31



Corpse Pose Variation Bolster

Savasana Variation Bolster