



YIN 96

Teacher Training
Level I

INSTRUCTORS:

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YIN-TRODUCTION

WHAT IS YIN YOGA?

Yin Yoga is a slow-paced style of yoga with postures or asanas that are held for longer periods of time than in other styles of yoga. For beginners, asanas may be held from 45 seconds to two minutes but for more advanced practitioners, asanas may be held for up to five minutes or more. It is a form of *Hatha yoga*, designed to **stretch and release connective tissues** in the areas of hips, shoulders and spine.

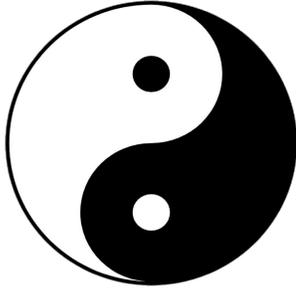
Yin Yoga poses apply light to moderate stress on tendons, fascia and ligaments, the connective tissues of the body, with the aim of improving flexibility. It is a more meditative approach to yoga, with a goal of achieving inner silence, to help the practitioner increase their awareness of the internal state of their body.

Yin Yoga uses time and tension (traction) to create change. We place the body into position, using **props**, (anything that can help you achieve the shape of a posture including, but not limited to, yoga blocks, pillows, blankets, etc.) if needed, to create a supported posture or asana, and hold that position for an extended period of time. It should be practiced with muscles relaxed. The practice is very static or isometric and the length of time in each posture will deepen the effect in the body. Yin Yoga is a slow-paced style of yoga with postures or asanas that are held for longer periods of time than in other styles of yoga. For beginners, asanas may be held from 45 seconds to 2 minutes but for more advanced practitioners, asanas may be held for up to 5 minutes or more.

Yin yoga is slow and subtle. The intention of a yin yoga practice is to let the body slowly move into postures, as it is ready. It is important to stress the fact that we are here to allow the body to stress and release. Yin yoga is about targeting rarely protracted fascia and connective tissues of the body, moving beyond muscle stretching.

Because different styles of yoga have different intentions behind practice, they elicit different results. Yin Yoga is a great compliment to an active or Yang style yoga practice because the differing intentions behind how we practice, each works to create balance.

YIN vs. YANG



In Ancient Chinese philosophy, **yin and yang** is a concept of dualism, describing how seemingly opposite or contrary forces may actually be complementary, interconnected, and even interdependent in the natural world, and how they may give rise to each other as they interrelate to one another. There is always a little yin in yang and a little yang in yin (represented by the eye).

They are opposite and inseparable.

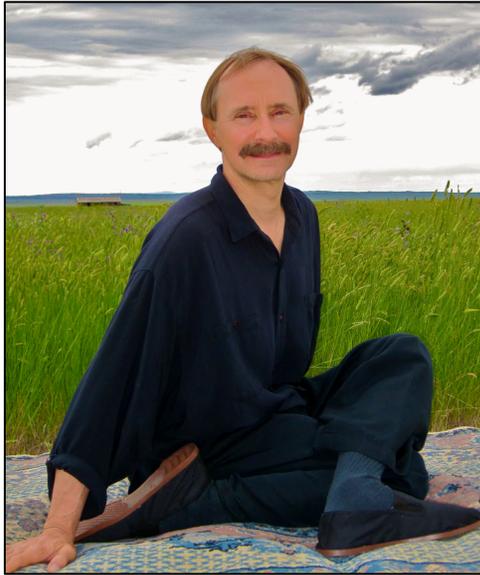
Some examples of yin vs yang are:

Female-Male.
Moon-Sun.
Passive-Active.
Slow-Fast.

Yin tissues are plastic and require long held stresses. In yin styles of yoga, we target the yin tissues of fascia, ligaments, tendons and bones. The intention of yin yoga is to relax and bypass muscles to exercise joints and tissues. Yin exercises should leave you feeling rejuvenated not depleted.

Yang tissues are elastic and like to be repetitively stressed and moved. Yang tissues are your muscles. Intention of yang styles of yoga (Bikram) is to tighten muscles to protect joints and tissues. Yang exercises are intense in nature and usually result in muscles fatigue.

HISTORY of YIN YOGA



Yin Yoga was founded in the late 1970s by martial arts expert and yoga teacher Paulie Zink Taoist yoga (Tao Yin).

In the late 1970s, Zink began to teach a synthesis of hatha yoga with Taoist yoga, as well as postures, movements and insights that he had developed himself. He later called this synthesis "Yin and Yang yoga," or "Yin Yoga" for short.

In his first years of teaching, many of Zink's students were martial arts practitioners who had developed strong but tight muscles, and he taught them only beginner level Taoist Yoga, focusing on long-held yin poses to alleviate their lack of flexibility.

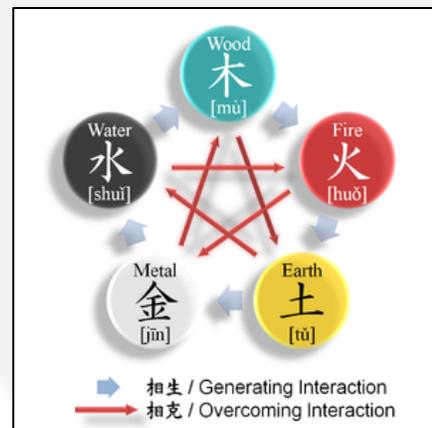
However, as more students came he began to teach more advanced levels. He explained that to develop full flexibility, the student must restore his own primal nature, through several Taoist yoga practices, as follows: yin asanas—mostly sitting or lying postures; yang asanas—more active, strenuous postures; Taoist Flow yoga—both yin and yang yoga postures practiced in continuous, smooth and circular motions; Chi Kung— involving simple and gentle movement and breathing techniques; and Taoist alchemy— based, supposedly, upon the Taoist theory of the five elements used in Chinese medicine.

Taoist alchemy purports to embody the energetic attributes of various animals and to enliven the five alchemical elements believed to be contained in the body's energetic field, namely:

Earth, Metal, Water, Wood, and Fire.

These are considered to animate distinct qualities in the body, namely:

Calm, strength, fluidity, springiness and lightness.



YIN96

Yin 96 is a challenging yet quiet form of yoga.

It is accessible to all individuals, whether you are an experienced yogi or just beginning.

It is the perfect complement to all forms of exercise.

It is a wonderful partner to a hot yoga practice (yang yoga), as they are practiced with opposite intentions. Focusing on Yin 96 postures will enhance and improve muscle strength and help prevent injury.

Yin96 uses Time, Tension and Temperature to create change.

We place the body into position, using props if needed, to create a supported asana, and hold that position for an extended period of **time**.

The practice is very static and the length of time in each posture will deepen the effect in the body. It should be practiced with **tension** on connective tissues and muscles relaxed.

The **temperature** should be ideal to enhance the physiological response of these tissues.



TIME

TENSION

TEMPERATURE

1. Epithelial tissue: Lines all cavities & body surfaces. Function: Protects, Secretes, Absorbs & Filters.

2. Muscle tissue - 3 types:

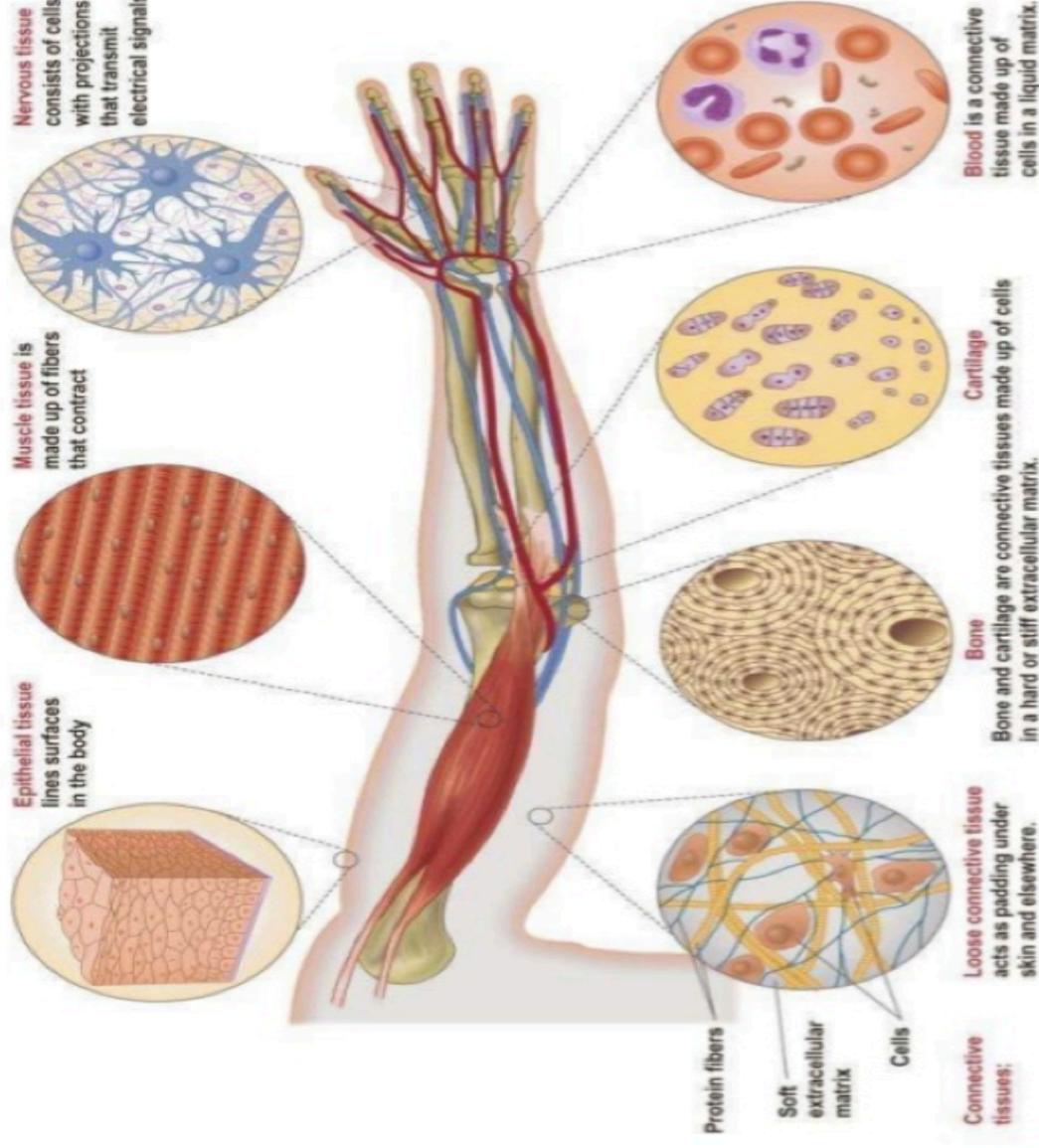
- **Skeletal – Voluntary.** Used for locomotion and movement. These are the muscles we know, e.g.; hamstrings, quads, etc.

- **Smooth – Involuntary.** Walls of internal organs and blood vessels.

- **Cardiac – Heart muscle.**

3. Nerve tissue: Specialized cells that receive stimuli (sensory) AND conduct impulses (motor) to and from all parts of the body.

4. Connective tissue: Everything else. Bone, fat, cartilage, tendons, ligaments, blood, and lymph fluid. Connective tissue is made up of proteins (mostly collagen and elastin).



FOUR TYPES OF ANIMAL TISSUES

FASCIA



Fascia is a band or sheet of connective tissue, primarily collagen, beneath the skin that attaches, stabilizes, encloses, and separates muscles and other internal organs.

Like ligaments and tendons, fascia is made up of fibrous connective tissue containing closely packed bundles of collagen fibers oriented in a wavy pattern parallel to the direction of pull.

Fascia is consequently flexible and able to resist great unidirectional tension forces (until the wavy pattern of fibers has been straightened out by the pulling force.)

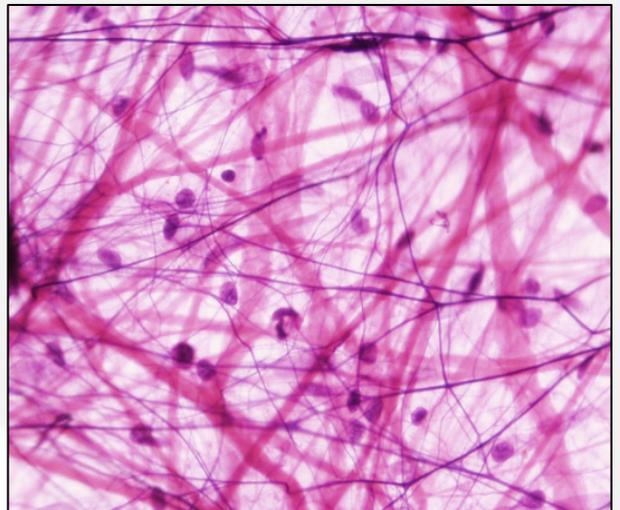
FIBROBLASTS

These collagen fibers are produced by **fibroblasts** located within the fascia.

SIDE NOTE: The role of vitamin C in the production of collagen is to interact with amino acids within collagen cells. It adds hydrogen and oxygen donors for those amino acids, so that they may do their part in collagen production.

If you don't get the proper amount of vitamin C, collagen production **will** slow.

A decline in collagen production will not only make skin more susceptible to wrinkles, but it might also make it more susceptible to bruising.



Fascia is classified by layer, as **superficial**, **visceral** and **deep** fascia.

SUPERFICIAL FASCIA

is the lowermost layer of the skin in nearly all of the regions of the body.



It blends with the reticular dermis layer and consists mainly of loose areolar and adipose (fatty) connective tissue.

It is the layer that primarily determines the shape of a body.

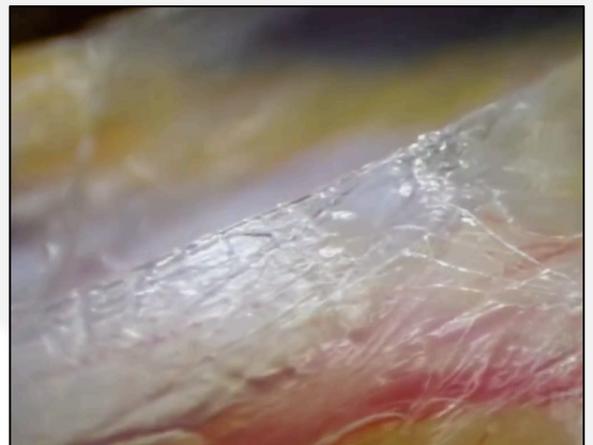
In addition to its subcutaneous presence, superficial fascia surrounds organs, glands, and neurovascular bundles.

- It is found at many other locations where it fills otherwise unoccupied space.
 - It serves as a storage medium of fat and water.
 - It is a passageway for lymph, nerve & blood vessels.
- It serves as a reservoir of water and salts for surrounding tissues.

It is a protective padding, which cushions and insulates internal structures.

Due to its viscoelastic properties, superficial fascia can stretch to accommodate the deposition of adipose that accompanies both ordinary weight gain and pregnancy weight.

After weight loss, the superficial fascia slowly reverts to its original level of tension.



VISCERAL (SUBSEROUS) FASCIA

suspends the organs within their cavities and wraps them in layers of connective tissue membranes.



Each of the organs is covered in a double layer of fascia; these layers are separated by a thin serous membrane.

The outermost wall of the organ is known as the **parietal layer**.

The skin of the organ is known as the **visceral layer**.

The organs have specialized names for their visceral fasciae:

- In the brain, they are known as **meninges**.
- In the heart they are known as **pericardia**.
- In the lungs, they are known as **pleurae**.
- In the abdomen, they are known as **peritonea**.

Visceral fascia is less extensible than superficial fascia.

Due to its suspensory role of the organs, it needs to maintain its tone rather consistently.

If it is too lax, it contributes to organ prolapse, yet if it is hypertonic, it restricts proper organ motility.



DEEP FASCIA

is a layer of dense fibrous connective tissue, which surrounds individual muscles.



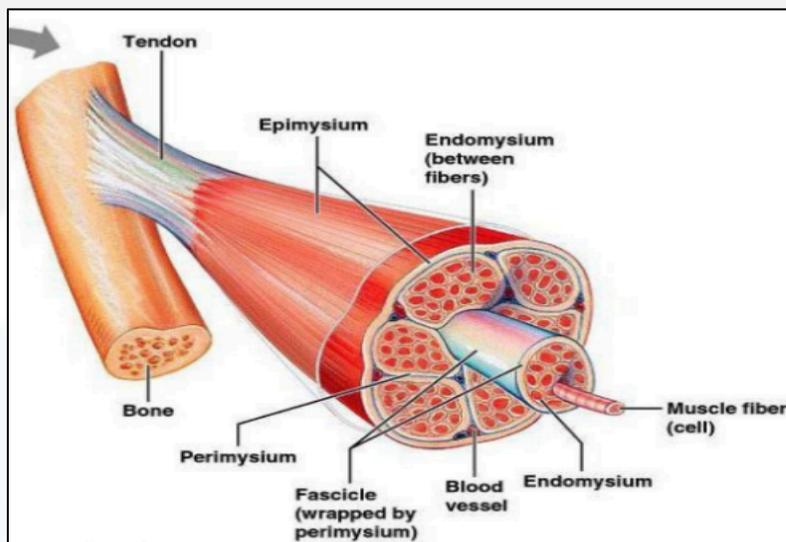
It divides groups of muscles into fascial compartments.

Deep Fascia:

- Has a high density of elastin fiber that determines its extensibility or resilience.
- Is super hydrated.
- Is richly supplied with sensory receptors.

Proprioception –

Our sense of the relative position of one's own parts of the body. and



Interoception –

The sense of the internal state of the body.

TIME

Seconds

- Slow our breathing down
- Flip the switch from SNS to PNS



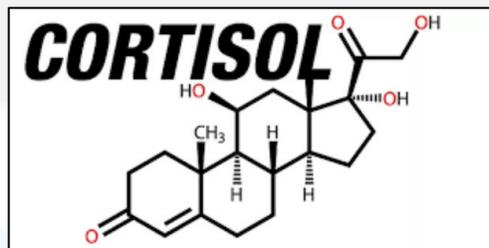
Minutes

- Hold non-neutral shape (posture) for 5+ minutes
- Listen to our inner states



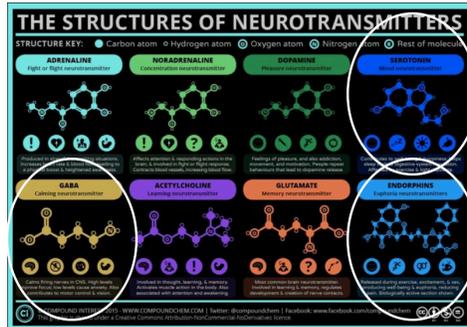
Hours

- Reduce Stress
- Reduce prolonged Cortisol exposure



Days

- Mood Elevation
- Blissful Neurochemical cocktail
- Increased GABA production



Months

- Learn to Relax (again)



Years

- Remodel architecture of the collagen framework of connective tissue



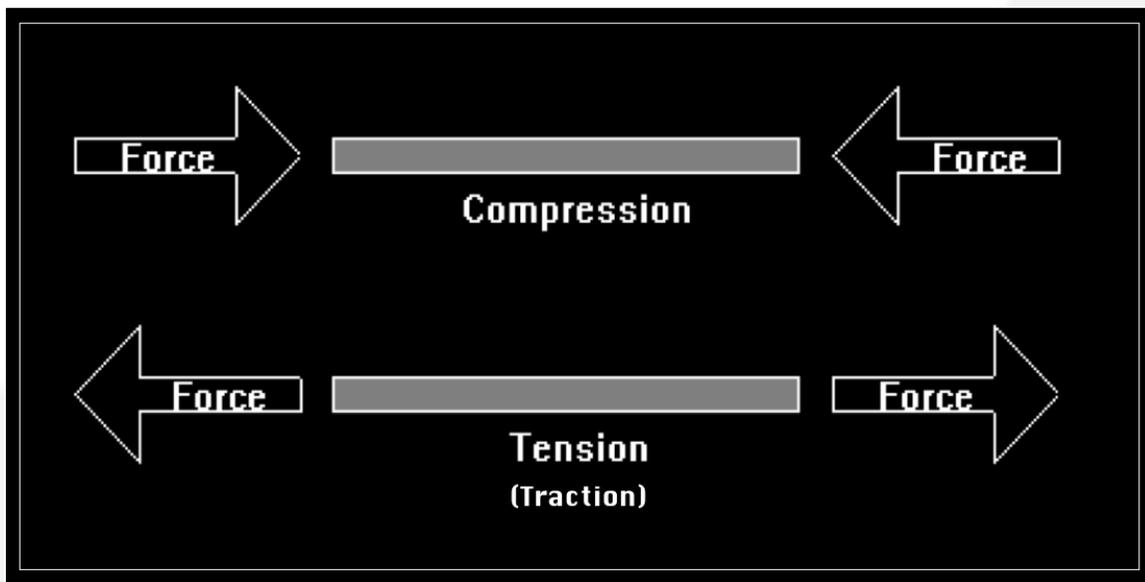
TENSION

TENSION (Traction) is A Pulling Force either in one direction or opposite directions.

COMPRESSION is a Pushing Force in one or opposing directions.

TENSION – PULLING Apart

COMPRESSION – PUSHING together



IN YOGA

Tension is the sensation of tissues, such as muscles and ligaments, being lengthened.

Any Limit of movement is based on tight connective tissue, which means there is **room to grow.**

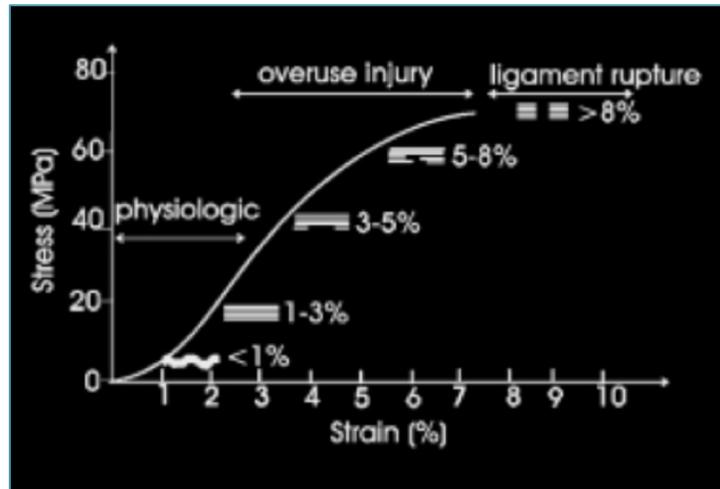
Compression is the sensation of tissues being pressed or pushed together.

Limit of movement is based on bone interference (bone on bone), which means there is **no room to grow.**

TEMPERATURE

STRESS is the force applied to a material.

STRAIN is the deformation (elongation) of material that results from an applied stress.

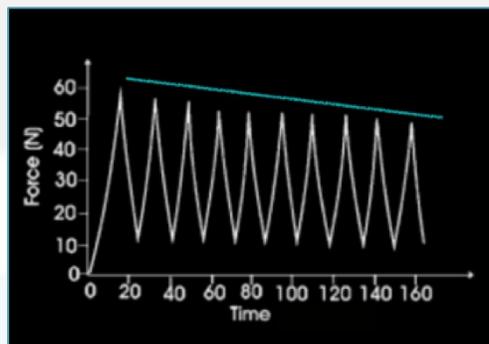


THE GREAT TRADE OFF

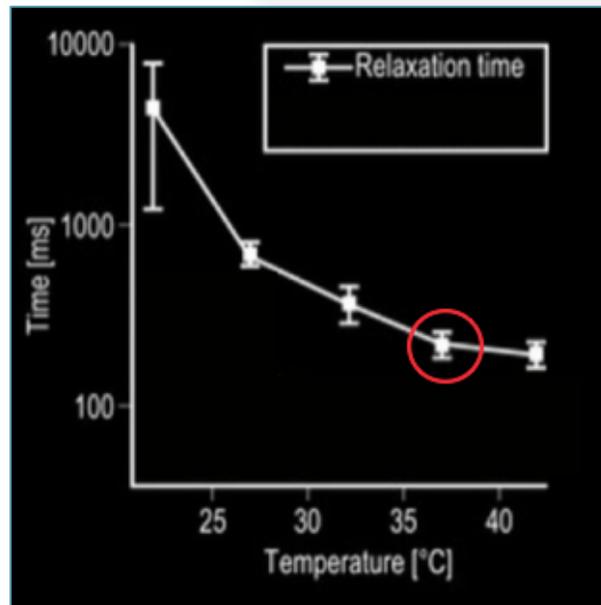
A cold ligament can absorb MORE stress, will be less elongated (short & strong).

A warm ligament will become more elongated, will absorb less stress (longer & weaker).

Bone-ligament-bone samples tested at 21°C show 30% greater peak loads than the same samples tested at 37°C .



HEAT INDUCED FASCIAL RELAXATION



Temperature increase in fascia of up to 40C (104F) leads to reduced stiffness and more rapid elongation of the tissue which can be attributed to a higher extensibility of collagen.

AS THE TEMP GOES UP, THE TIME IT TAKES TO RELAX GOES DOWN

Connective tissues are temperature sensitive, which affects their rate of creep.

To most effectively elongate this tissue, it should be:

1. Heated
2. Subjected to a large load
3. Over a long period of time

To produce **CREEP**



YIN 96

The Postures

HOW TO TEACH YIN YOGA

- Give students instruction to help them get into the postures, including ways to modify and adjust.
- Throughout the duration of the posture, give them reminders of what they are looking for in the asana.
- Identify areas that are being targeted and ways to make corrections by changing position or through the help of a prop.

These reminders help to keep them in the present moment as well as gives goals and things to be aware of to stay conscious.

Always start with the most basic instructions for postures, make them as clear and concise as possible, and begin to build from there.

Simpler is better.

As students are ready and able, they will learn to take deeper versions of the asanas. Once students understand how to practice with yin principles, you can provide deeper versions of each posture.

ADJUSTMENTS / MODIFICATIONS

In this practice, we encourage students to make adjustments to the postures, through the use of props or modifications of body placement, allowing themselves to hold postures without having to come out of them.

Students should **NEVER** strain to hold a Yin Yoga pose.

- We hold each posture for several minutes.
- Students should feel they can release muscle tension, not forced or labored to maintain a position.
- Breath should always be calm.

Each student should find a version of each asana that they can hold for the duration of the posture with mild discomfort.

There should be a certain amount of discomfort or sensation within the postures.

We want the body to respond through slow, deliberate coaxing not forcing.

Just like braces on your teeth move them incrementally over time, these asanas lengthen and strengthen connective tissue once we get past involuntary muscle reflex.*

Remember change takes time and occurs in the uncomfortable zones. The intent is not to relax and collapse but to allow the body to “un-do” tension.

Students may have to work up to holding the asana for the entire length of the posture to advance their yin yoga practice.

You are encouraged to use props to support joints and help make up for a limited range of motion.

*A common reflex in yin yoga postures is the **myotatic reflex**. This happens when connective tissue starts to expand, resulting in muscle twitching. This is completely normal and should be encouraged. It is a massage of the central nervous system and this is how the body becomes more flexible.

TEMPERATURE / TIMING

Room floor temperature should be:

no less than

90 degrees at 40% humidity

and no more than

96 degrees at 30% humidity.

96 degrees and 30% humidity

is ideal for connective tissue to become supple and allows fascial tissue the opportunity to multiply & subdivide.

Postures should be held for enough time for students to settle in, relax, slow the breath and encourage releasing of muscles then connective tissue.

Yin yoga postures will be held from 1-5 minutes.

Class length should be 75 minutes in length.

This will allow for 12 to 15 postures per 75-minute class, which should be broken up in to 3 sections.

75-Minute Yin Yoga Class

20 Minutes – Warm Up

35 Minutes – Extended postures

20 Minutes – Relaxation

STRUCTURE / SEQUENCING

The warm up should be slow to stretch and begin with safe movements. You can start sitting or lying down.

Your opening sequence establishes the focus of the class each day.

Start with a grounding breathing exercise, followed by some waking up poses designed to get the body ready for asana (focus on breath and body connection, being present, intention of practice, etc.).

You can then build intensity and start introducing more challenging postures.

The middle section will include your focus postures, longer holds, and options for deepening the practice to suit each student's needs for the day.

And finally, bring them back down to a nice relaxing finish.

Your final postures and relaxation should be a winding down, releasing and rest. Always give at least 5 minutes for Corpse Pose.

FOUNDATIONAL POSTURES

1. Easy
2. Banana
3. Reclined Twist
4. Thread the Needle “Figure Four”
5. Thread the Needle - Seated
6. Happy Baby “Stirrup”
7. Sphinx
8. Seal
9. Cat/Cow
10. Puppy “Melting Heart”
11. Bridge
12. Caterpillar
13. Butterfly
14. Dragonfly
15. Pigeon “Swan”
16. Dragon Series
17. Cow Face “Shoelace”
18. Deer
19. Frog
20. Wind Removing
21. Squat
22. Toe Sit
23. Kneeling “Saddle”
24. Dangle
25. Corpse
26. Child’s Pose

FOUNDATIONAL POSTURES GROUPING

Warm Up	Extended Postures	Cool Down
Easy	Sphinx	Banana
Banana	Seal	Reclined twists
Reclined twists	Puppy "Melting Heart"	Thread the needle "Figure Four"
Happy Baby	Caterpillar	Happy Baby "Stirrup"
Cat/Cow	Butterfly	Cat/Cow
Seated twists	Dragonfly	Bridge
Wind Removing	Pigeon "Swan"	Wind Removing
Squat	Dragon Series	Child's pose
Toe Sit/ankle stretch	Cow Face "Shoelace"	Corpse
Kneeling "Saddle"	Deer	
Dangle	Frog	
	Squat	
	Toe Sit/ankle stretch	
	Dangle	

EASY POSE



DURATION

2-5 Minutes

BENEFITS

This posture promotes calmness and interoception. It is commonly used to perform breathing and meditation exercises.

RISKS AND CONTRAINDICATIONS

Modify the pose if you have knee or lower back pain and/or tight hips.

ALIGNMENT

- Start in a cross-legged position keeping your spine tall and long.
- For students whose spines are rounding or knees are lifting they can use a prop like a yoga block or in this case a pillow to support the hips or the knees.
- Keep your hands crossed in your lap and stay here breathing in through the nose out through nose with a nice sense of length through the spine lifting up through the crown of your head.
- Hold there as long as you need to and continue to breathe.

MODIFICATIONS

- If you suffer from sciatica, piriformis syndrome or have tight hips and/or lower back pain, you can use a prop by sitting on a block or a folded blanket for support to elevate the hips above the knees.
- If you have trouble keeping your spine straight, you can sit against a wall.

BANANA POSE



DURATION

3-5 Minutes (per side)

BENEFITS

This pose creates lateral spinal flexion, which stretches the transverse abdominals and oblique muscles on the side of the body.

RISKS AND CONTRAINDICATIONS

Be careful not to flex too far if you have lower-back issues. Students with shoulder issues should modify the arm placement.

ALIGNMENT

- Take your legs first to one side of the mat.
- Then upper body to that same side you want to create a crescent shape with your arms overhead, either long or bent or even grabbing of the elbows, anything that you can hold.
- Same with the legs you can cross the outside over the Inside or the inside over the outside, whatever gets you to the place you need and you can hold and relax.
- When it's time to come out, just gently releasing back to the center.

MODIFICATIONS

- If you feel shoulder discomfort, you can a.) bring the arms to cactus variation (arms placed at 90°/palms face up) or b.) Frame the head by grabbing the opposite elbows with opposite hands over your head (fixed firm arms).
- If you feel tingling in the hands or fingers, reduce the intensity of the pose, exit it sooner or rest the hands on your chest.

RECLINED TWIST POSE



DURATION

2-5 Minutes

BENEFITS

This relaxing pose provides a release across the hips and lower back.

RISKS AND CONTRAINDICATIONS

Modify the pose if you have neck or shoulder issues, or if you have pain the hips or lower spine.

ALIGNMENT

- Begin by bending your knees and rolling them to one side.
- You can vary your leg positions by stretching one leg out and keeping one tucked in.
- Having a block or pillow nearby can be helpful with tight areas that need more support.
- Arms can be overhead in a cactus arm position or you can reach them all the way out depending on the stretch you're looking for. Another great position is with twisted legs like you would have in Eagle pose and then down to the side, using the block as needed, again with arms in either cactus or extended out.
- Gently come out of that posture you've been in for a while by untwisting the legs.
- Give the knees a little bit of a rock and roll before you relax with your feet flat knees bent and arms to your side.

MODIFICATIONS

- Look straight up or perhaps in the same direction as the bent knee if you have neck discomfort.
- If you have discomfort in the shoulder, modify your arm position.
- Use a prop to support the knees and/or shoulders if you feel too much tension.

THREAD THE NEEDLE POSE

“Figure Four”



DURATION

1-3 Minutes

BENEFITS

This hip opener is beneficial for relieving SI joint pain, sciatica and improving overall hip range of motion.

RISKS AND CONTRAINDICATIONS

Modify the pose if you have knee injuries, are pregnant or have tight hips.

ALIGNMENT

- Start on your back for thread the needle.
- Bend your knees and bring the soles of your feet to the floor.
- Bring the right foot up on top of the left thigh and place the foot just below the knee or lower with Let your right knee relax to the outside.
- With your right hand through the right leg, and left hand around the outside, grab under your left leg.
- Hold either underneath the knee or on the shin below the knee.
- Gently begin to pull the legs towards you but notice if the lower spine is lifting.
- Try to keep it touching the floor.
- With just gentle pressure pulling the left thigh towards you still allowing the right knee to press to the outside.
- You can then try to straighten the left leg and pull both legs closer to you maybe this time allowing the lower spine and hips to come up off the floor.

MODIFICATIONS

- Grab & hold the back of the thigh instead of the front of the shin if you're feeling any knee discomfort.
- Keep the left foot flat on the floor while placing the right ankle on top of the right thigh and gently flexing the right foot if you have tight hips.

THREAD THE NEEDLE POSE - Seated



DURATION

1-3 Minutes

BENEFITS

This hip opener is beneficial for relieving SI joint pain, sciatica and improving overall hip range of motion.

RISKS AND CONTRAINDICATIONS

Modify the pose if you have knee injuries, are pregnant or have tight hips.

ALIGNMENT

- Thread the needle Pose can also be done in a seated position.
- Bring the hands behind you to support the spine and take the soles of your feet to the floor.
- Bend your knees.
- Chest up.
- Bring the left foot to the top of the right thigh with the heel close to the knee.
- Use the hands to gently press the upper body up, lifting the spine tall to pull the legs towards you creating that same stretch from the outside of the hip and the IT band.
- Windshield wipers can be a nice transition to release this posture especially in the seated position.

MODIFICATIONS

- Lean against a wall to support the hands & wrists.
- Move the foot on the floor further away and grab & hold the back of the thigh or the front of the shin if you're feeling any knee discomfort.

HAPPY BABY POSE

“Stirrup”



DURATION

1-2 Minutes

BENEFITS

An excellent stretch for the hips and pelvic floor muscles.

RISKS AND CONTRAINDICATIONS

Pregnant students should avoid this pose.

ALIGNMENT

- To begin lay flat on your back.
- Take your knees in to your chest and open the knees nice and wide.
- Take the soles of your feet up towards the ceiling and reach up to grab the feet.
- Get a grip you can hold. For students who can't reach their feet, options for holding the legs are at the shin, at the ankle, the outsides of the feet or the big toes and then just gently use gravity to pull the knees down and then to the sides.
- Rocking back and forth a few times can open up the hip joints a little bit more.
- This is a deep hip opener so when you are ready to come up just gently bring the knees back together and release the feet back to the floor along with your lower spine.
- Breathe and relax.

MODIFICATIONS

- If you have hips issues, hold the ankles or backs of the thighs instead of grabbing the feet.
- If you have a neck issues, support the weight of the head with the use of a prop.
- If you have knee issues, extend one leg out straight, bend that knee and keep the foot flat on the floor (half stirrup pose).
- If you have tight hips, you can modify to a reclined butterfly position by holding the soles of the feet together.

SPHINX POSE



DURATION

3-5 Minutes

BENEFITS

A subtle backbend that provides self-awareness of the shoulder area, and gentle pressure to the lower back.

RISKS AND CONTRAINDICATIONS

Pregnant students should avoid this pose.

ALIGNMENT

- Start in a seated position and come into a tabletop then come to the floor, belly down. Bring your elbows to the floor underneath your shoulders.
- If a student is collapsing they can stretch the arms out further or use a blanket or pillow under their chest.
- Get your legs to a comfortable position out wide or narrow with some pressure on the low back. You can also drop the head.
- Hands out in front.
- You can interlace them to support yourself.
- The upper body, shoulders and arms act as a scaffold. They support the posture creating the pressure in the lower back.
- Extend your arms out in front of you and drop your head to the floor. Come all the way to a big long stretching position. It might take you longer to release it, depending on how long you've held this posture.
- Continue to take a few nice deep breaths into the lower spine, the back of the body back of the ribs.
- Help yourself gently back up to your tabletop and back in to your seated position.

MODIFICATIONS

- Use a prop or a block under the forehead for neck support.
- Place a blanket under the hips to add extra cushion if you feel discomfort against the floor.
- Open the feet wider apart if you feel too much pressure in the lower back.
- Support your upper body with a soft prop or lower the upper body if there is too much discomfort in the lower back.

SEAL POSE



DURATION

1 Minute

BENEFITS

This is a leveraged backbend that provides an abdominal stretch and helps to open the cartilages of the rib cage and sternum.

RISKS AND CONTRAINDICATIONS

Students with lower back issues. Pregnant women should try to avoid putting pressure on the belly against the floor.

ALIGNMENT

- Starting from sphinx pose, take your hands out wide away from you to the front corners of your mat.
- Try to avoid sinking down in the shoulders.
- Lift your upper body all the way up by pressing your hands down in to the floor.
- You can take the feet wider if you need to. Like sphinx pose, shoulders pulled down away from the ears, chest wide.
- Head and neck just resting a top the shoulders.
- When you are ready to release bring the elbows out and the body down to the floor.
- Stretch the arms and the legs to create a nice, long stretch down through the spine.
- Bring yourself gently out the way you came in and back in to a seated position.

MODIFICATIONS

- Place a blanket under the hips to add extra cushion if you feel discomfort against the floor.
- Remain in sphinx pose.
- Bring the feet in toward the body by bending the knees for a deeper stretch.

CAT/COW POSE



DURATION

3-7 cycles

BENEFITS

This pose is great for loosening up the hips & spine. It stretches both the front and back of the body.

RISKS AND CONTRAINDICATIONS

Keep the neck parallel to the floor if you have neck issues or pain.

ALIGNMENT

- Start by bringing yourself into a tabletop position with your knees under your hips and your hands under your shoulders.
- Start by relaxing the belly all the way to the floor and lifting the chest & sit bones up to the ceiling.
- Try not to sink down into the shoulders but push the hands down and pull the shoulders down and back with your head up.
- Widen across the chest (stretching all the way to the throat).
- Lift and round the spine up to the ceiling by pressing the hands and knees in to the floor creating a long extension from the tailbone all the way to the neck.
- Do this rotation back and forth several times taking 2 or three breathes in each position.
- Once you've lifted up into your full extension, you can then shift the body weight in to the upper spine by bringing the body weight on to the hands and widening & rounding through the shoulder blades and you can also send the body weight into the knees and create rounding & widening through the hips and lower spine.
- When you are ready to release this posture, bring your knees back together in to a seated position.

MODIFICATIONS

- If you have wrist issues, ball your hand in to a fist against the floor.
- If you feel pain or discomfort in any area of the spine lessen the intensity or movement.

PUPPY POSE

“Melting Heart”



DURATION

2-3 Minutes

BENEFITS

A gentle backbend that provides a deep stretch to the shoulders and scapula.

RISKS AND CONTRAINDICATIONS

Students with neck or shoulder issues.

ALIGNMENT

- Start seated and come in to a tabletop position.
- Take your knees under your hips.
- Walk your hands up to the top of your mat and slowly bring your chest down to the floor.
- Work to keep the hips over top of the knees, if you find that the hips sink back you can slide your body forward more.
- When you're ready to release go back into tabletop and sit back on your knees in to child's pose, letting the arms come back along the sides, the shoulders draped down and resting there, allowing the upper spine to just release that deep backbend and return to a seated position.

MODIFICATIONS

- You can keep your chin forward but if it's too much on your neck you can bring the head in.
- Place a blanket under the shins to add extra cushion if you feel discomfort against the floor.
- If you have a neck issues, support the forehead using a prop.
- Reduce the intensity or come out of the posture if you have tingling/numbness in the hands.

BRIDGE POSE



DURATION

3-5 Rounds

BENEFITS

A mild backbend that provides a stretch to the hip flexors, which can provide relief from herniated discs, and help to re-align the lumbar spine.

RISKS AND CONTRAINDICATIONS

Students with lower back or neck injuries should modify or avoid this pose.

ALIGNMENT

- Starting on your back take your feet to the floor by bending your knees and bring your arms to your sides, palms facing down. (Try not to let the knees wing to the outside.)
- Keep your feet and your knees shoulder width distance apart.
- Start by pressing your hands and feet into the floor and gently lift the hips up towards the sky.
- You can take your arms underneath you clasping the hands and roll on to the shoulders to create a greater lift through the lower and middle spine.
- Hold this posture for a few breaths and perform 2 to 3 sets.
- When you release the bridge, you can take the knees in to the chest and gently hold it with a folded position or some knee circles before bringing your feet back to the floor and then laying on your back.

MODIFICATIONS

- You can perform assisted bridge by placing a block or prop under the lumbar spine if you have a history of back pain. A block can be adjusted to 3 different heights to provide more/less support.
- You can vary your hand placement by keeping them alongside you, clasping them underneath you, or placing them on your lower back for support.

CATERPILLAR POSE



DURATION

3-5 Minutes

BENEFITS

This relaxing spinal flexion pose provides a deep stretch to intrinsic back muscles, (those responsible for flexion and extension) and to the muscles of the backs of the legs.

RISKS AND CONTRAINDICATIONS

Students with herniated or bulging discs.

ALIGNMENT

- Start with your legs outstretched.
- Take your hands to either side & slowly bring your upper body down.
- You can use your hands or a block to support your head. You can also support yourself with a pillow or a blanket.
- Keep the arms relaxed beside you.
- Eventually working your upper body down on to your legs & stretch the arms further forward.
- Use the arms the elbows and the hands as the framework to support the posture. Use the upper body to allow the legs the hips the lower spine to release in to this deep long hold.
- Breathe normally, slow deep breaths into the back of the body.
- Allowing the back of the ribs and lungs to expand in this forward bending posture.
- When you are ready to release this posture slowly and gently take the hands beside you and walk your upper body up.
- From here, staff pose will release this deep forward bend gently lifting the chest and stretching through the backs of the legs and release back to seated.

MODIFICATIONS

- Modify the pose by bending the knees, placing a prop under the pelvis if you are experiencing tightness in your hamstrings or are having lower back pain.
- Use a soft prop under the torso for extra support in the forward bend.

BUTTERFLY POSE



DURATION

3-5 Minutes

BENEFITS

This pose stretches the muscles of the hips and inner thighs and can also help alleviate pain associated with sciatica and piriformis syndrome.

RISKS AND CONTRAINDICATIONS

Students with knee pain or low-back pain or injuries.

ALIGNMENT

- Start in a seated position and bring the soles of the feet together and let your knees come to the outside.
- You can start with your feet in close to your body for a deeper stretch through the inner parts of the hips & thighs or with the feet further away from you allowing for a deeper stretch for the outer hips & thighs.
- To come in to a forward bend, use your hands to slowly walk your body forward in to a comfortable position.
- You can use your hands or a block to support your head or a pillow or towel underneath your upper body if you need the extra support.
- Once you've brought your body down in to a comfortable position breathe normally in to the back of the spine allowing the knees to release open further.
- Butterfly can be performed in a forward fold or in a reclined position.
- When it's time to come out gently walk your upper body back up with the use of the hands, release your knees and gently shake them out a few times before returning to a seated position.

MODIFICATIONS

- If you have low-back issues, pain, elevate the pelvis by using a prop.
- If you have knee issues, place a prop under the outer hips.
- If you have a neck issues, support the forehead using a block to various heights.

DRAGONFLY POSE

DURATION

3-5 Minutes

BENEFITS

This posture opens the hamstrings, stretches the inner thighs, lengthens the back of the body, and provides traction for the spine.



RISKS AND CONTRAINDICATIONS

Do not perform if you have significant back pain, groin injuries, or bulging or herniated discs.

ALIGNMENT

- Start cross-legged across your mat & come into a straddle position with your legs as wide as possible.
- With a straight spine, sit up with the help of your arms.
- Bring the hands forward and slowly walk your body down to the floor in front of you.
- Coming all the way to the floor may be something you can work towards slowly so use a pillow or a blanket to support the upper body or a block to support the head.
- Take yourself from the middle over to your right leg.
- Only move as far as you can, finding a position that you can hold with muscles relaxed.
- When it's time to release gently walk yourself back to center and then back up into your straddle.

MODIFICATIONS

- If you have back pain, place a comfortable prop under the pelvic floor.

DRAGONFLY POSE

Half Straddle Position



ALIGNMENT

- Take one foot in to the center to create a **half-straddle position**.
- Walk your hands out in front of you and bring your upper body to the floor.
- This really starts to change the stretch we create throughout the lower spine and the hips.
- Move then to one side going as far as you can comfortably.
- Work to keep the hips and knees down and touching the floor.
- Remember we are not trying to create tension but a support for the lower body with the arms and upper body so you can get the deepest stretch possible with muscles completely relaxed.
- Once you're ready to release the posture walk yourself back to center and then gently walk your hands up to the straddle position.
- You can then go back in to a cross legged position and give the knees a good shake a few times or a staff pose which can feel great as a release after that long forward fold.

MODIFICATIONS

- If you have back pain, place a comfortable prop under the pelvic floor.
- Additionally, you can place a soft prop underneath either of the legs for comfort.

PIGEON POSE

“Swan”



DURATION

3-5 Minutes

BENEFITS

This pose provides a deep stretch to the hips & groin.

RISKS AND CONTRAINDICATIONS

Modify the posture if you have any knee issues.

ALIGNMENT

- Start in a seated position & come in to a tabletop.
- Bring your right knee forward to the outside of your right wrist and scoot your right foot forward.
- Slide your hips down by sliding the left foot back to bring the hips down to the floor. This can be a lot on the knee so an option is to bring the knee further forward and the foot closer underneath you.
- As you become more open, work to bring the shin to parallel with the top edge of your mat.
- Hold this posture with hands and body in an upright position for at least one minute then slowly you can lower yourself down in to the sleeping version, forearms to the floor head down.
- Coming down on to the elbows bringing your head to the floor or resting on a block or your hands.
- When you are ready to release bring your hands underneath you and gently bring the right leg back. Return to tabletop then back to your seated position and breathe.

MODIFICATIONS

- If you have knee issues, modify the position of the front leg.
- If you have discomfort in the hips, place a prop under the extended hip joint.

DRAGON SERIES

DURATION

3-6 Minutes

BENEFITS

This incredible stretch of the hip flexors can help to relieve hip & lower back pain.

RISKS AND CONTRAINDICATIONS

Modify the pose if you have hip or lower back pain.



ALIGNMENT

- Start in a seated position & come in to a tabletop on your hands and knees.
- Bring one foot forward slightly in front of the knee and slowly bring the hands down to the floor, bring the hips down and chest to the thigh.
- The back leg position can be either lifted, resting on the knee or with the back foot flat.

MODIFICATIONS

- Use a soft prop as needed to support the back knee.
- Beginners can start with hands on either side of the front foot and the chest on the thigh for baby dragon.

High Flying Dragon



ALIGNMENT

- Start in a seated position & come in to a tabletop on your hands and knees.
- Bring one foot forward slightly in front of the knee and slowly bring the hands down to the floor, bring the hips down and chest to the thigh.
- The back leg position can be either lifted, resting on the knee or with the back foot flat.
- Bring your hands to the thigh and lift your chest.

MODIFICATIONS

- Use firm props to maintain an upright spine by placing them on both sides of the body.

Low Flying Dragon



ALIGNMENT

- Low Flying dragon is with both hands to the inside of the front foot.
- Hands can either rest on the palms or if you can, come all the way down to the elbows.
- From this position, you can now roll your foot to the outside, bringing the knee further to the outside and you can even add more depth by gently pressing the knee open with the hand.
- Slowly release the posture the way you came in, slowly and in control for extended yin postures.
- Great release postures after the dragon series are the child's pose, downward facing dog and even a few cat & cows before returning to seated position.

MODIFICATIONS

- Use a soft prop as needed to support the back knee.

COW FACE POSE

“Shoelace”



DURATION

3-5 Minutes

BENEFITS

This pose provides a stretch through external hip rotation and adduction, and can relieve sciatic nerve, lower back and hip pain.

RISKS AND CONTRAINDICATIONS

Modify if you have hip, knee, or lower-back pain or tightness.

ALIGNMENT

- From a long legged seated position bend one knee in front of you and bring the other knee on top of it so eventually they are stacked on top of each other.
- You can do this by bringing your hands forward and crossing the thighs higher and feet slightly further away from your hip.
- Hips should be resting comfortably on the floor with an upright spine before coming into a forward fold.
- If your hips lift up during the forward fold you can push your upper body back up, slightly more upright, until the hips reach the floor.
- Another version for this posture is the **half cow face**.
- From the seated crossed knee position, take one leg stretched out on front of you and keep the other bent, both knees still stacked.
- Work your hands down and forward as you bring the upper body down to rest on the fronts of the legs.
- Rest your head on a block, your hands, or bring your head down to your stretched front leg. This adds an element of stretching through the hamstrings of the lower leg, as well as the hips and lower spine.
- When you are ready to release gently lift yourself back up to seated with legs stretched out in front of you and give them a few shakes after that nice, deep stretch.

MODIFICATIONS

- Place a prop under the hips for support.
- For half shoelace, extend your left leg forward with the right leg bent over the left leg.
- Use a soft prop under the torso for support of the upper body.

DEER POSE



DURATION

2-3 Minutes (per side)

BENEFITS

This pose provides a simultaneous internal and external rotation and stretch to the hip joints.

RISKS AND CONTRAINDICATIONS

If you have knee issues, be careful not to bend the knees too far.

ALIGNMENT

- From a seated position bend your knees and bring your feet shoulder width distance apart.
- Turn both of your knees to the left and your body around.
- Start with your right foot on the outside of your right hip and work to get both hips on the floor and the spine straight.
- Next, flex the right foot and bring the heel away from the hip keeping both hips on the floor.
- Now, Pull the foot further away from the hip and bring the left foot closer into the inner thigh, both hips on the floor.
- The right thigh is inwardly rotating while at the same time your left thigh is outwardly rotating so it's normal to feel some imbalance in the posture.
- Release the body back to the right and windshield wiper the knees back and forth a couple of times.
- Pause at the bottom to give yourself an extra stretch on either side before returning to a seated position.

MODIFICATIONS

- If you have knee issues or are experiencing any knee pain, place a prop under the outer hip.
- Stay in beginning versions of pose if experiencing knee pain.

FROG POSE



DURATION

2-5 Minutes

BENEFITS

This pose stretches the hips and a release of the pelvic floor muscles.

RISKS AND CONTRAINDICATIONS

Students with hernias, hip replacements or knee pain.

ALIGNMENT

- From a kneeling position, come in to a tabletop across your mat with hands under the shoulders and knees under the hips.
- Take your knees as wide as possible and separate the feet as wide as the knees.
- From here, flex the feet and toes to the outside and come down on to your elbows.
- Gently and slowly bring the hips back to open up the pelvis.
- You can rock the hips from side to side by lifting one hip up and then the other feeling the deep opening in the hips and lower spine.
- Hold this posture three to 5 minutes really feeling the lower spine sinking and the hips, pelvis and sacrum opening up.
- When it's time to release you can walk yourself forward or you can come back on to the hands and lean forward to release the feet and gently bring the knees back together.
- Relax into a child's pose with a few deep breaths in the nose and out the nose before returning to a kneeling position.

MODIFICATIONS

- Place a padded prop under the knees if you feel pressure against the floor.
- To raise intensity bring the hips backward and rotate the hip bones.
- If the pose is too intense, bring the hips forward.

WIND REMOVING POSE



DURATION

1-3 Minutes

BENEFITS

This simple pose provides hip mobility and lower spine stretch.

RISKS AND CONTRAINDICATIONS

Modify the pose if you are pregnant or have hip replacements.

ALIGNMENT

- From a reclined position, gently bend the knees into the chest and hold them with the hands.
- You can clasp the hands or the elbows but don't pull on the knees.
- Just allow gravity to pull the knees down.
- Release one leg down to the floor and hold on to the bent knee with both hands & then move that bent knee out the outside with one hand.
- Notice the difference you get in the stretch in the hip from all three positions.
- These reclined positions are great counter poses to deeper backward bends or twists.
- Take the knees back in to the chest before releasing the legs back down in to a reclined position.

MODIFICATIONS

- Open knees wider to relieve hip tension.
- Keep knees further away from the chest to relieve abdominal tension.

SQUAT POSE



DURATION

1-5 Minutes

BENEFITS

A great stretch of the hips. A great lengthening of the lower back. This pose helps to strengthen the muscles of the pelvic floor and legs, while also relieving lower back pain.

RISKS AND CONTRAINDICATIONS

Students with knee or hip issues.

ALIGNMENT

- From a seated position bend your knees in to your chest and take your feet out wide.
- Hold here for a few breaths.
- From here, lift yourself up on to your feet and let your hips hang down.
- Feet can be parallel or toes can turn to the outside allowing the knees to go wider.
- If your heels are lifting up off the floor, you can sit on a block to support your lower body, bringing the heels back to the ground, so you can be comfortably on your feet.
- Hands can be outstretched in front of you allowing the shoulders and the head to relax down eventually working hands to a prayer position in front of the chest.
- To come out put your hands on the floor in front of you and release your hips back down to the floor, take your legs out in front of you and shake them out a few times before returning to a seated position.

MODIFICATIONS

- Place a multi-sided prop under the pelvis bones for support.
- If the heels still do not touch floor naturally, place a prop under the heels for support.

TOE SIT POSE



DURATION

1-2 Minutes

BENEFITS

This pose targets the seldom stretched muscles and connective tissues in the feet and toes.

RISKS AND CONTRAINDICATIONS

Students with sensitive feet or lower-back pain.

ALIGNMENT

- From a kneeling position, bring the hands forward and tuck your toes under, spreading the toes as wide as possible, and gently bring your hips back to your heels.
- Start slowly with your hands out in front of you to support the weight of your upper body.
- As your feet begin to adjust to the posture you can bring your upper body upright, spine straight and hands to the knees.
- Most of the body weight is now being supported in the toes. This can be a bit too much for some students and they can adjust by just simply bringing the hands back in front of them.
- For releasing, lean forward bringing the hands back in front of you, releasing the toes, tapping the feet gently on the floor to reintroduce blood flow back in to the feet before returning to a kneeling position and breathe.

MODIFICATIONS

- Place a padded prop under the knees if you feel pressure against the floor.
- Keep your hands placed on the floor or on blocks if you feel too much pain sensation in the feet.
- Keep the spine straight or in a tilted slightly forward if you are having lower back pain.

KNEELING POSE

“Saddle”



DURATION

2-4 Minutes

BENEFITS

This pose targets the ankles as well as the tops of the feet.

RISKS AND CONTRAINDICATIONS

If you have tight ankles be very careful and go slow! If you feel any knee pain, end the pose slowly and carefully.

ALIGNMENT

- Begin in a tabletop by bringing your knees and your feet together so that the ankles are flat on the floor.
- Gently bring your hips back to your heels and use your hands out front to support your upper body.
- Walk your hands to the knees working towards a tall straight spine.
- Saddle pose can increase flexibility in the feet and ankles, improve circulation in the knees and hips and promotes a straight spine.
- Release by coming back to table top by gently leaning the body weight forward and give your feet a couple of shakes before returning to a seated position.

MODIFICATIONS

- Place a soft prop under the feet for additional comfort.
- Sit on a hard prop to raise the hips if experiencing knee pain.

DANGLE POSE



DURATION

1-2 Minutes

BENEFITS

This pose uses gravity to create decompression to the spine and shoulders. It is a light stretch to the back of the legs and knees.

RISKS AND CONTRAINDICATIONS

Avoid this pose if you have high blood pressure or if you get dizzy easily. Modify if you have lower back pain. If you feel tingling or a loss of sensation in the hands, slowly release the pose.

ALIGNMENT

- Starting from a seated position come to a table top and take yourself to a standing position by tucking the toes under and lifting the hips up.
- This traction posture for the spine is best performed with the knees slightly bent to take pressure off the backs of the legs.
- You can support yourself with the hands and gently let your upper body and head relax down.
- From here, you can deepen the stretch by grabbing the elbows or bring the hands back behind you with the palms facing up. Use gravity to feel lengthening through the spine letting the head the neck the shoulders and upper spine hang down from the lower spine.
- Sway gently from side to side to encourage the vertebrae in the upper body and hips to release and relax even deeper.
- Release by bringing the hands forward in front of you bringing the knees back down to the floor.
- You can finish with a squat or child's pose before returning to a kneeling position.

MODIFICATIONS

- bend the knees as much as you need to if you have lower back pain to soften the intensity of the stretch.

CORPSE POSE

DURATION

5-20 Minutes

BENEFITS

This pose teaches complete relaxation response and calms the mind. It also can also help lower blood pressure.



RISKS AND CONTRAINDICATIONS

Modify this pose if you are pregnant and can no longer fully recline.

ALIGNMENT

- Take your arms slightly away from the body and tuck the shoulder blades under.
- Take the feet about mats distance away from each other allowing them and the ankles to release open.
- Tuck the chin so the neck is long and your spine is open.
- Breathe slowly and gently in to the belly allowing it to rise and fall as your breath relaxes with your body.
- You can energize the body by performing this pose at the end of class after long deep holds.
- When you are ready to release your deep relaxation gently rotate your hands, feet, head and neck to bring life back to them before returning them back to position in preparation for waking up.

MODIFICATIONS

- If you are pregnant, use a bolster along the spine for support.
- Place a folded blanket under the head for support.
- Place a prop under the knees to relax the hamstrings and help relieve back muscles.

CHILD'S POSE



DURATION

2-4 Minutes

BENEFITS

This pose promotes relaxation while at the same time stretches the hips, lower back and the tops of the feet.

RISKS AND CONTRAINDICATIONS

Modify the pose if you have had a knee injury or tight hips.

ALIGNMENT

- From a kneeling position, slowly bring your upper body down to your legs.
- Rest your head on your hands or a block or fists or allowing your head to come all the way down to the floor.
- Arms can be out in front of you with elbows bent or you can take your arms along beside you to allow the shoulders to drape down.
- A nice variation for child's pose is to keep the toes together but separate the knees wide and then bring the body down. This changes the stretch through the hips and the lower spine and even through the shoulders and upper back depending on flexibility.
- When you are ready to release gently bring yourself back in to a kneeling position for a few long, slow inhale and exhale breaths.

MODIFICATIONS

- If you have a neck issues, support the forehead using a block to various heights.
- If you have tight shoulders, bring the arms out to the side, behind you or bend the elbows.
- Place a soft prop under the torso for additional support.

COUNTER / PREPATORY TRANSITIONAL POSTURES

Counter / Preparatory / Transitional Postures	
Child's Pose	Counter to: Toe Sit, Sphinx, Seal, Pigeon, Dragon, Puppy, Frog
Stump	Preparatory or transition to: Butterfly, Caterpillar, Squat, Dangle, Cowface
Windshield Wipers	Counter to: Butterfly, Caterpillar, Dragonfly, Deer, Cow Face
Staff	Counter to: Butterfly, Caterpillar, Dragonfly
Downward Dog	Transition between: Pigeon, Dragon Series

COUNTER / PREPATORY / TRANSITIONAL POSTURES LIST

- 26. Child's Pose
- 27. Stump
- 28. Windshield Wipers
- 29. Staff
- 30. Downward Dog

STUMP POSE



DURATION

10 – 30 Seconds

BENEFITS

This simple pose provides hip mobility and lower spine stretch.

RISKS AND CONTRAINDICATIONS

Modify this pose if you are pregnant or if you feel hip pain.

ALIGNMENT

- To come into stump, bring both knees to your chest and wrap your arms around to hold your elbows or arms.
- Pull your knees toward your chest and stretch your spine tall.
- Stump can also be done in a single leg position. Simply keep one knee bent and the other leg outstretched.
- Stump is a nice transitional or preparatory pose for hip openers or forward bends.
- It is a great partner for butterfly, caterpillar, squat, dangle and cow face.

MODIFICATIONS

- If you are pregnant, open the legs wider.
- Students with weak hips can abduct (take further away) the legs.
- Perform the pose reclined or against a wall for additional relief.

WINDSHIELD WIPERS



DURATION

4-5 cycles

BENEFITS

This movement loosens and releases the hip joints and lower back.

RISKS AND CONTRAINDICATIONS

Proceed with caution if you have hip pain.

ALIGNMENT

- To perform the wipers, release the pose you are in, bend both knees and place the feet about hip distance apart.
- Take your time to “windshield wiper” your knees back and forth a few times, feeling the releasing movement in your hips.
- Your hands can be beside your hips or slightly behind you for support.
- The wipers transition can be used as a counter pose to forward bends such as butterfly and caterpillar, and hip openers such as dragon, cow face and deer pose.

MODIFICATIONS

- Use a fist or come on to your elbows if you have pain the wrist when being supported.

STAFF POSE



DURATION

3-5 Breaths

BENEFITS

This pose provides spinal extension, leg extension, and opens up the chest.

RISKS AND CONTRAINDICATIONS

Modify this pose if you have a weak back use support or bend knees for tight hamstrings.

ALIGNMENT

- To come into staff pose, release your forward bend and bring your legs out in front of you.
- Place your hands beside your hips and flex your feet.
- Gently press your hands down and lift your chest up.
- Staff pose is a great counter pose after you've done any forward bending postures such as butterfly, caterpillar or dragonfly.

MODIFICATIONS

- Bend the knees if you feel any pain in the knees.
- Use a block or wall if you have a weak back

DOWNWARD DOG



DURATION

1 minute

BENEFITS

This pose releases the legs, hips, ankles and lower back. Stretches spine and shoulders. Great overall stretch to both upper and lower body.

RISKS AND CONTRAINDICATIONS

Avoid completely or modify this pose if you have serious shoulder or wrist pain.

ALIGNMENT

- To come into downward facing dog, begin on your hands and knees (table top position) and tuck your toes under.
- Push your hands down and lift your hips up.
- Bend your knees one by one to “walk the dog”, giving your hips the release they need.
- Then, stop in the middle, bend both knees and gently push your heels down to straighten your legs to create a wonderful stretch through the whole lower body.
- To come out, return your knees back to the floor back in to the table top to begin your next pose.

MODIFICATIONS

- Spread your feet apart mat distance if you have tight hamstrings.
- Rotate your elbows slightly outward if you have shoulder tightness.



YIN 96

The Sequences

SAMPLE SEQUENCE 1 - Beginner

Begin in Corpse

Relaxation-breathing exercise
Meditation

Warm Up postures

Banana
Wind Removing

Extended Postures

Butterfly
Cowface
Staff
Kneeling
Toe Sit
Child's Pose

Deep Hip Opening postures

Cat/Cow
Dragon
Child's Pose

Closing postures

Wind Removing
Wind Removing – Single Leg
Thread the needle
Reclined Twist
Corpse

SAMPLE SEQUENCE 2 - Hips

Begin in Easy Pose

Breathing / Meditation
Neck Circles

Warm Up postures

Butterfly
Caterpillar
Stump
½ Stump / Twist / ½ Cowface
Deer
Windshield Wipers

Extended Postures / Deeper Hip Opening Postures

Cat/Cow
Frog
Child's Pose (knees wide)
Pigeon
Downward Dog
Child's Pose

Closing postures

Happy Baby
Reclined Twist
Corpse

SAMPLE SEQUENCE 3 - Spine

Begin in Easy Pose

Meditation
Centering

Warm Up postures

Wind Removing
Reclined Twist
Cat/Cow
Puppy
Sphinx
Seal
Child's Pose

Extended Postures / Hip Openers

Stump
Dragonfly
Windshield Wipers
Squat
Dangle
Child's Pose

Closing postures

Wind Removing
Banana
Corpse