



I : inhale
E : exhale
B : breaths

R: right
L: left
S: each side

X: rounds
' : minutes
" : seconds

Yin Yoga Sequence

Week starting on: 28/9/20

Times are indicative; if you are a beginner, then start with 1' to 3'.
Take time after the poses (between 30" to >1') for the rebound.

0. Mindful practice : 3' hourglass

1. Butterfly pose : 5'

Target area: spine; back muscles.

a) Make position of feet comfortable.

b) If lower back issue, come into child's pose (👉).



2. Dangling pose : 5'

Target area: back of thighs; spine.

a) If lower back issue, lie down on the floor, legs up



3. Bananasana : 5'/8

Target area: side of body; spine.

a) Breathe into the open side of torso.



4. Dragon pose : 3'/5

Target area: front of hip.

a) Adjust position of torso according to comfort/stress.



5. Sphinx / Seal : 5'

Target area: front of torso



6. Sarasana : 5'