



YOGA THERAPY & EDUCATION  
WITH MENCHU

I : inhale                      R: right                      X: rounds  
E: exhale                      L: left                      ' : minutes  
B: breaths                      S: each side                      " : seconds  
PTA : primary target area

## Yin Yoga Sequence

Week starting on: 16/11/2020

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.

### Centring 3'-5'

Take a minute each to : 1) observe the body sensations (mental, emotional, physical); 2) follow the movement of breath in the torso; 3) explore any intense sensations with the breath.

#### 1 Seita with arms raised 1'-3'



PTA: Front of thighs / side of ribcage

△ Prop knees for comfort; raise hips if necessary.

Equal I+E; switch the interlacing of fingers 1/2 way through.

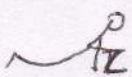
#### 2 Dangling 5'



PTA: Back of thighs / spine

△ If lower back problems, lie down and raise legs (see diagram)

#### 3. Dragon 4'-5'/S



PTA: Back hip flexors / front calf

△ Front knee forward of toes.

#### 4 Dragonfly 4'-5'

PTA: Inner thighs



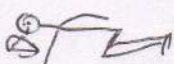
△ Prop hips up; bend knees if appropriate.

#### 5 Dragonfly with twist 3'/S



PTA: Torso / (inner thighs)

#### 6. Side lying savasana >5'



△ Head propped up so neck is aligned.

"Being comfortable with being held."