



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 to Welcome Winter Week starting on: 30/11/20

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.


### Centring 3'-5' (standing)

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.


### Dangling 3'

 PTA: Back of body.  
Variations: hips against wall; arms on a chair, etc


### Wide-legged child's pose 5'

 PTA: Inner thighs (+ spine)  
Variations: prop torso with bolster, etc


### Half butterfly 5'/S

 PTA: Outer hip (bent leg); back of thigh (straight leg).  
⚠ Prop back of knee (straight leg) / thigh (bent leg)


### Yin inversion 5'

 ⚠ May use a belt to hold legs up

### Bolster rotation 5'/S

 PTA: Spine  
bolster

### Constructive rest ≥5'

 ⚠ Knees bent together; feet wide; toes 'in'.