



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: 18/1/21

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.

1. 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.

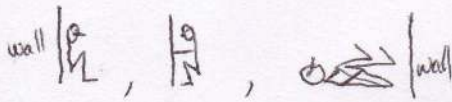
2. Dangling / Reclined Caterpillar 5'

PTA: Back of thighs / body



3. Squatting 1'-5'

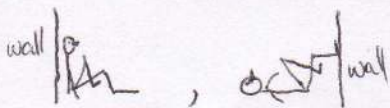
PTA: Groins / inner thighs



4. (Reclined) Shoelace 5'

PTA: Outer hips

♥ Massage inner lower leg



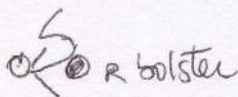
5. Bananasana + 5'

PTA: Torso / spine



6. Slug 3'-5'

PTA: Back of body / mild inversion



7. Śavāsana + 5'

