



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

Yin Yoga Sequence

Date: 23/03/21

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.

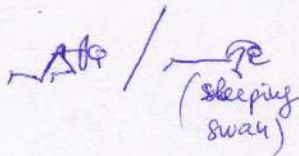
2. Child's pose 5'



PTA: Top of thighs / spine

Pad under knees/ankles if discomfort/pain, or behind knees.

3. Deer pose 5'/5°



PTA: Outer hip of front leg.

4. Dragon + twisted dragon 2³⁰ + 2³⁰ / 5°



PTA: front hip of back leg.

5. Runner's lunge 4' / 5°



PTA: Back of thigh of front leg.

6. Outriggers 3' / 5°



PTA: Groins / inner thighs.

7. Sarvasana + 5'

