

Yin Yoga Sequence

for surrender



Butterfly: Hold For 3 minutes

Counter: Legs stretched in front and shake or fold forward 1 minute



Pigeon: Hold For 3 minutes each side

Counter: child's pose, 30 seconds after each side



Happy Baby: Hold for 2 minutes

Counter: Stretch legs extended and arms overhead 1 minute



Supine Side Twist: Hold For 3 minutes each side

Counter: Knees into chest (circles optional) 30 seconds after each side



Reclined Staff/Legs Up the Wall (block optional): Hold For 3-5 minutes

Counter: Move into Savasana



Savasana (Corpse Pose): Hold For 4-6 minutes

duration: ~ 30 Minutes

skill level: All

notes: The goal of Yin Yoga is to strengthen and connective tissue and increase flexibility. Relax your muscles (surrender!) to receive the benefits of this practice.

Always consult your medical professional before doing yoga.

