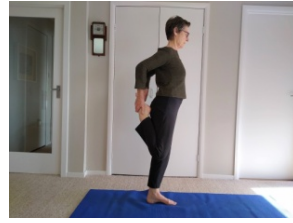


# YIN YOGA 1

All yoga is many layered balance. Yin yoga moves in and out of asanas slowly. It holds positions but is dynamic not static. It is a meditation, a breathing with full awareness all round the asana. Yin yoga refines postures. In each asana take a minimum of three to five deep breaths or many more. The longer you hold the greater the effect. This a series. Use supports as required as these are breathing postures. Attempt free standing also.



1. Start



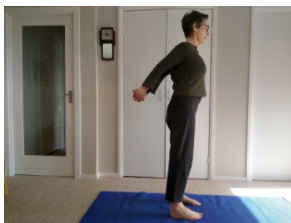
2. Can use support



3. Also done with support



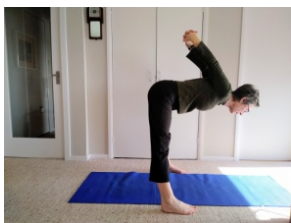
4. Can use a wall



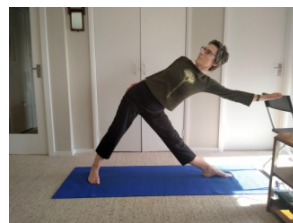
5. Tadasana arms behind



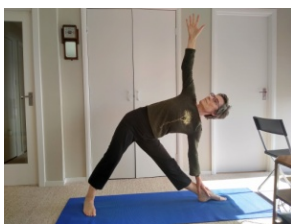
6. legs wide arms up



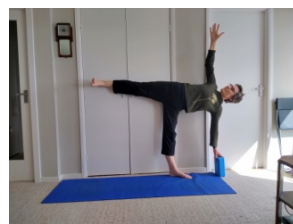
7. Half forward bend arms up



8. Trikonasana on chair



9. Trikonasana



10. half-moon wall & block



11. Ardha Chandrasana (half-moon) Can use a block