

## NOT SO YIN YOGA 2

This is my print, pin up, and pose series. This week is mainly strengthening standing poses with balance at the beginning and a twist at the end. Standing poses are the basis of strength building. Learning to love them is necessary. **Every pose starts with a breath and is measured in breaths.**



Fwd bend horizontal or lower. Several deep breaths



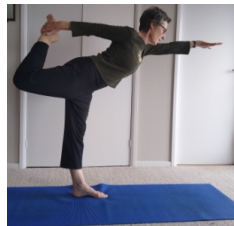
Move towards aligning knees. Use wall or not. Several deep breaths



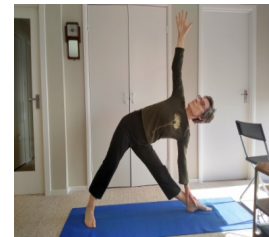
Use wall if needed. Several deep breaths.



Use wall if needed. Or foot on ankle. Arms above head when stable. Deep breaths



A fun extra. Use wall if needed



Trikonasana. Only turn head up if ribs turn. Any strain look straight ahead. Use chair if desired

In wide angle poses move towards a right angle. The angle is dynamic, never static



Legs 4. to 4.5 width. A stretch of the side body.



A stretch of both sides



Powerful pose! The angle is less important than the dynamism.



Use a block, a wall, anything. Arm in front of knee to align it.



Intense stretch. Arm in front of knee or behind if it is dynamic enough.



Foot on chair. Twist in Midriff.