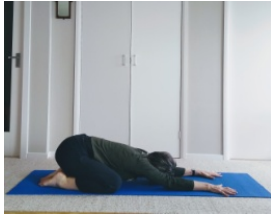


## YIN YOGA 4

Yin yoga 4 of print, pin up and pose. A sequence designed to be managed daily and to be effective whether you breathe for a long or short time in each pose.

Hands: Fingers stretched and spread. Weight on index finger ball joint.



Sustained deep breathing in extended child's pose



Cat – drop the waist and lower back. Strong arms. Knees apart

You can alternate these on the breath or remain breathing in each



Cow – lift the middle of the back high and move face towards chest. Strong arms



Lift arms and legs separately if you wish. Keep buttocks level. Stretch from finger tips to toes



In dog pose slow and intense side stretches (several) from armpit to hip



Start with bent knees on your toes and lift the buttocks high. Slowly straighten knees and take heels down if you can keep back stretched



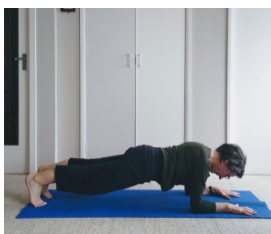
Plank on toes with straight arms. Use fists if wrists a problem



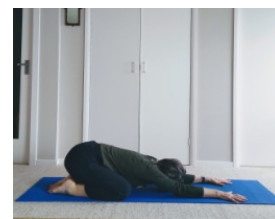
Half side plank. Hand, knee and foot in line. Body in line. Can lift leg



Side plank. Avoid hip/thigh sag!



Elbow plank. Elbows in line with hips. Hands wider than elbows. As many deep breaths as you can manage. Rest and repeat



Finish with child pose as in number one.