

Day 9- Yin Yoga Poses

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Recommended Reading: Yin Yoga - Outline a Quiet Practice by Paul Grilley

Yin Class1:

Child's pose
Plank Pose
Sphinx
Half Frog (both sides)
Half Pigeon (both sides)
Half Butterfly (both sides)
Dragonfly/ Straddle
Butterfly
Reclined Butterfly
Seated Spinal Twist
Savasana

Yin Class 2:

Child's pose
Hero's pose
Cobra Pose
Locust pose
Seal Pose
Lizard pose (both sides)
Camel pose
Reclined Saddle pose
Reclined child's pose
Folded pose (both sides)
Supine Spinal Twist
Savasana