

YIN YOGA

A manual to practice at home, in nature, at work ...

Questions or suggestions : contact@bananayoga.ch

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Introduction

Yin Yoga is a complementary yoga practice to the more dynamic and invigorating yoga styles that are predominant today. Some call it the “other half of yoga.” In Yin Yoga, floor postures are held passively for several minutes in order to access a safe and positive ‘stress’ on the deep layers of connective tissue in the body.

On a physical level, Yin Yoga targets layers of tissues in the body more or less neglected in yang yoga. Dense connective tissues around the muscles and in and around the joints are gently and safely stimulated by an intelligent practice of Yin Yoga. This Yin stimulation promotes the tissues strength, vitality, hydration and resilience.

Through stimulation of the relaxation response, through Yin Yoga we can turn off the sympathetic nervous system (fight-or-flight) and turn on the parasympathetic nervous system (rest-and-digest). Studies on relaxation and mindfulness techniques suggest that we are also reducing inflammation and balance immune system responses, lower blood pressure and heart rate and improve digestion.

On an energetic level, researchers in the field of energy medicine theorize that the dense connective tissues are the biological substratum for the network of energetic communication in the body. In General the practice of Yin Yoga is one way to promote greater energetic flow and enhanced circulation of Prana/Chi, nourishing the organs through stimulation of the meridian lines. Deep energetic stagnations can be unblocked, especially in joints, and the response is of calm and stillness as one's energy circulates with ease.

On a psychological level, through the practice of stillness mindfulness and acceptance, we are able to slow down the whirling thoughts of the mind. Yin Yoga offers the opportunity to cultivate the Yin capacities of the mind - receptivity, quiescence, acceptance and allowance. In Yin Yoga, we come to an edge in the pose and stay still. While we hold, we go within. We start to notice what is going on in life, right here, right now - without adding drama or ignoring information presented. We see with clarity what is there and what is needed, beyond cravings that normally move us.

The art of being present, mindful of what is happening right now can help us physiologically, energetically and mentally/emotionally. Stress begins to vanish. When we slow the breath down and stress levels decline, we work on normalising blood pressure, heart rate, digestion and immune response. By being present, we can choose to change our brain. Change habitual patterns, that don't serve us. Choosing to opt out of the automatic stress response of the body and mind. Instead of life being something just happening, we can discover that we are free to choose our habits and to respond mindfully to all situations present.

Yang is about changing the world, Yin accepts the world as it is. Neither is better than the other - but both are necessary and the key is to recognise which is appropriate in which situation. Please remember that there is no hierarchy between Yin and Yang. The primary intention of the intelligent practitioner is to be mindful of the body and mental dynamics to promote harmony and balance. For one Yogi a more yang emphasis will support greater balance, for another a more Yin approach will give a more balanced effect. And in different seasons, life circumstances or stages of life, a judicious application of the different styles and approaches of yoga will be required to promote harmony and balance.

Physical benefits

The main intention of any Yoga practice is to maintain and regain the health of the body and mind.

In Yin Yoga, the main physical benefit is the promotion of health in the deep and dense connective tissues. Even though through Yin yoga most people experience an increase in flexibility, the goal is NOT to gain a greater range of motion, but rather to offset tissue degeneration and prepare the body for the stress that is forced on it in everyday life.

Hydration et detoxification

By stressing the connective tissues, the activity in fibroblast cells is stimulated. These cells produce molecules (glycosaminoglycans), that attract and retain water in the soft tissues. The soft and connective tissues also act like a sponge - squeezing out water during pressure and re-attracting water in the rest phase. Hydrating and detoxifying the tissues, by squeezing out the old and soaking up the new, fresh liquids. Studies suggest that during the rest phase even more water is re-soaked up than before the stress or

stretch. The more water, the more resistance in the tissues to absorb shocks in the future. Another theory that in Yoga we "liquidify" the tissues - the ground substance in the tissues becomes more soluble with movement and compressive/tensile stress. This might be a great factor for detoxification - as toxins and waste products are now free to circulate, to be removed and replaced.

Preventing degeneration

All tissues need to be appropriately stressed to main health and integrity. In yoga, our bones, connective tissues and muscles receive all kinds of positive stress to maintain their health. In Yin yoga we are stressing ligaments, joint capsules, discs, menisci and the soft tissue in and around bones, muscles and organs. Especially the bones need compressive and weight bearing "exercice" to maintain their density. If they dont receive adequate stress over time, they tend to lower density - which leads to osteoporosis and osteopenia, a major health problem in our elderly socitety. For example, a common area that is often susceptible for spontaneous fractures in older age is the lower spine. The Yin postures that include an extention of the spine promote a healthy stress on the bones in the spine to increase density.

Another benefit of the yoga practice considering the spine is to maintain its natural curves. Due to long held positions in every day life like sitting in front of a desk, driving, etc. we tend to loose the lordosis in the lumbar spine and increase the kyphosis in the thoracic spine and the head is constantly tilted forwards. As we have learned, mild stress over long period of time will eventually change our soft tissues and joint position, which in this case is a negative thing as we loose the natural curve in the spine and promote an unhealthy posture. But taking these areas of the body into the opposite position for several minutes a day will help to counteract the negative impact of these lifestyle factors.

The 4 steps of the practice

1. coming into a posture and playing the edge

The target area is the region of the body, that we are intending to positively stress and influence with the execution of a posture. Every time you come into a pose, go only to the point where you feel a significant resistance in the body. Give your body the chance to open up and listen to its requests. We find the sweet spot and we play with it. The surfer does not fight the ocean, but he learns to ride the waves.

Based on the understanding of functional alignment - focusing alignment on the effects of a posture rather than an aesthetic look of a posture - building the posture around the intention to stimulate a target area we will find that postures will look very differently among the different students. The emphasis is placed on how the practitioner is uniquely influenced by the posture and how he might align himself within the pose to find the wanted stimulation of the target area.

There is a general misconception in modern yoga practices, that poses need to look a certain way. To practice in a mindful matter, remember this mantra :

We don't use the body to get into a pose, but the pose to get into our body.

Once you have reached the sweet spot, pause. The pose is working if you can feel a stretch, squeeze or twist :

If you are feeling it, you are doing it.

So the first principle of coming into a posture is to align the body around the intention of where the practitioner is intending the stress and work within the body - the target area. Postures often have different target areas, like in butterfly we might feel the inside of the thighs as well as the buttocks. But this is felt differently in each individual - as it depends on the student's skeleton and range of motion. It is also important to know, that some postures' target areas are more or less accessible for the individual - if you don't feel the stress in a certain posture, that does not mean that you are doing something wrong, but you might not have found the version of the posture that is giving you the wanted effect.

Appropriate and inappropriate sensations

Generally speaking we are looking for sensations that surpass the comfort zone, but are in a range that can be tolerated over several minutes without moving.

In Yin Yoga we are trying to find mild or moderate sensations that feel dull, bitter, diffuse and slightly unpleasant or uncomfortable. The emphasis is on MILD sensations.

Pain in any shape or form is to be avoided. There is a difference between stress and pain. Let pain be a sign to back out. Another sign of having gone too far or too profound into a posture is when we are not able to relax the target area, when we feel that we are tensing up in the muscles around this area. This might be a protective reflex of the body and should encourage us to step back. Also, the breath can be our guide. If we can't breathe naturally, relaxed and fluidly in a posture, we have gone too far.

We are looking to find sensations that can be defined as tension or compression. Whenever we move a part of our bodies in a particular manner, we inevitably come to a point of stopping. Knowing what is stopping us is crucial to intelligently practice any kind of yoga. Tension is caused by resistance in soft tissue. This is what we feel when we feel "tight". The tightness is located in the muscles and soft tissues and we typically feel tension when "stretching". Both Yin and Yang Yoga target work to release tensile resistance in the soft tissues.

Compression is a result of bones compressively pushing into one another or the soft tissues around. The shape, contours, orientation and proportional relationships in our bones and joints will determine where and when we feel compression when trying to move in a certain way. Yoga practices will never change the variables of our skeletal structure. Compression is a dead end, but can be worked around by changing the angle of the joint or the position.

Knowing the difference of tension and compression in your body when entering a pose will allow you to find your version of a posture to stimulate sensations in the targeted area.

Using props

The main props in Yin Yoga are gravity and time. I don't usually encourage using blocks or cushions, as they might change the experience to a more restorative manner than an actual Yin practice. Just remember, props can help you find what you are looking for, but they can also take the stress away. But Obviously, if a prop will help you find the stress in the specific area and maybe even deepen the experience, you are welcome to use them.

2. relaxing the muscles in the targeted area

We are not searching to relax the whole body in a Yin posture. It is here where one of the big differences between Yin and restorative yoga lies. But we are focusing on relaxing every little muscle fibre in the area that we are looking to target the stress. The action of relaxing the muscles around the target area will shift the posture's stress into the deeper layers of connective tissues and joints.

As an example you can try to extend your finger actively, and then try to pull the finger away from your hand. Due to the active muscles you won't be able to change the space in the joints. But if you keep your finger relaxed and gently pull on it, you will find that you can create space in the joint between the finger and the hand due to the relaxed state of the muscles.

3. staying still for some time

All tissues in the body need stress to stay healthy. Exercising regularly will keep your body healthy in a yang way - stressing muscles and tissues to gain strength. In Yin yoga we are doing the same, but targeting the deep layers of the connective tissues. Connective tissues don't adapt very much with short, brief stress. Other than muscles, tissues need a mild stress over a long period of time to be worked and stimulated. With a consistent Yin practice, the tissues tolerance level will increase and postures can be held over even longer periods of time. Dense connective tissues become stronger and can then tolerate not only the practice, but stress that is forced on them in everyday life, sports and potential injuries.

Resolving to be still. Stillness of the body, like a mountain. Stillness of the breath, like a calm lake. Stillness of the mind, like the deep blue sky.

4. coming out of the posture

When it is time to come out of a Yin posture, do so slowly and mindfully. After coming out it is always indicated to pause in a neutral posture (active like Downward facing Dog or sitting, passive lying down or in child's pose) and feel. The tissues that we have worked on are now temporarily weakened as a result of the stress. Just like muscle aching after a strong workout, you will feel weakened in the beginning with the result of strengthening in long-term. The sensation can be described as a feeling of having aged rapidly, a decade or two within a five minute hold. This is absolutely normal and should not ring alarm bells, as this fragility will pass.

Resources : Bernie Clark and Josh Summers

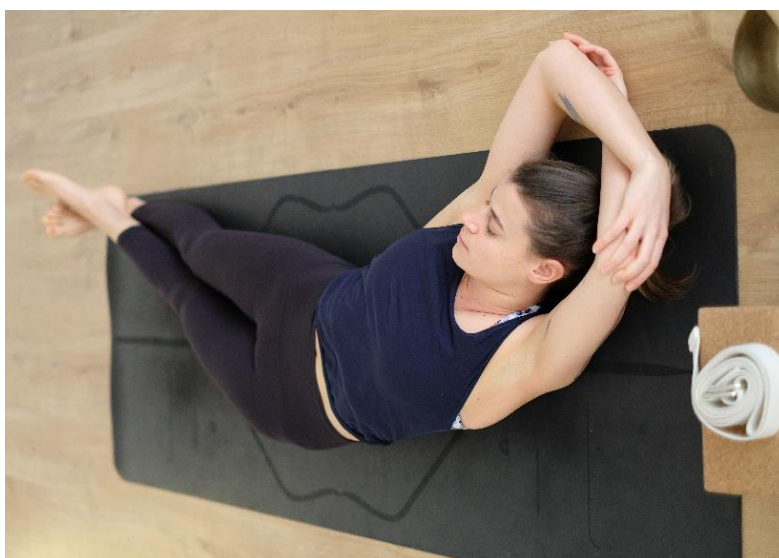
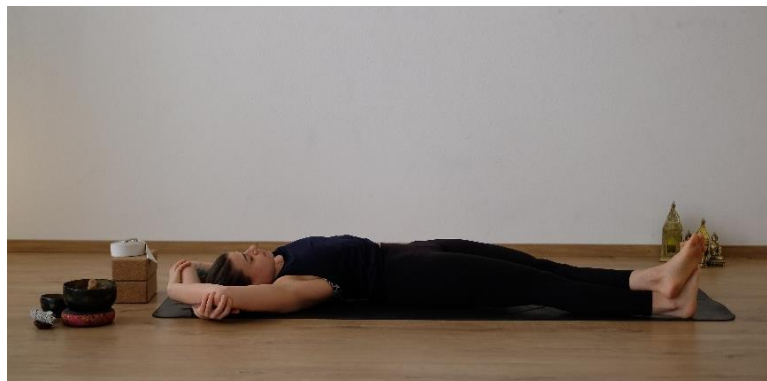
The Postures

Name : target area - the part of your body that you should relax completely and where you should feel some mild stress

Description how to enter the pose and possible modifications - feel free to be creative and intuitive to change the position into any variation that will make you access the desired sensation in the area mentioned above!

Bananasana : Side body - Waist, Hip, Intercostals, Shoulder

Lie on the back, place your hip to one side and the feet and arms overhead to the opposite side. You can cross the ankles and hold your elbows to slightly pull on them with your hands, or extend the arms and hold the wrist off the targeted side.



Butterfly : Inner thighs and Groins, Outer hips, Spine

From a seated position, draw the soles of the feet together. The distance between your hips and feet depends on your preference and anatomy. Fold forwards, allowing the spine to round and the head and neck to relax.



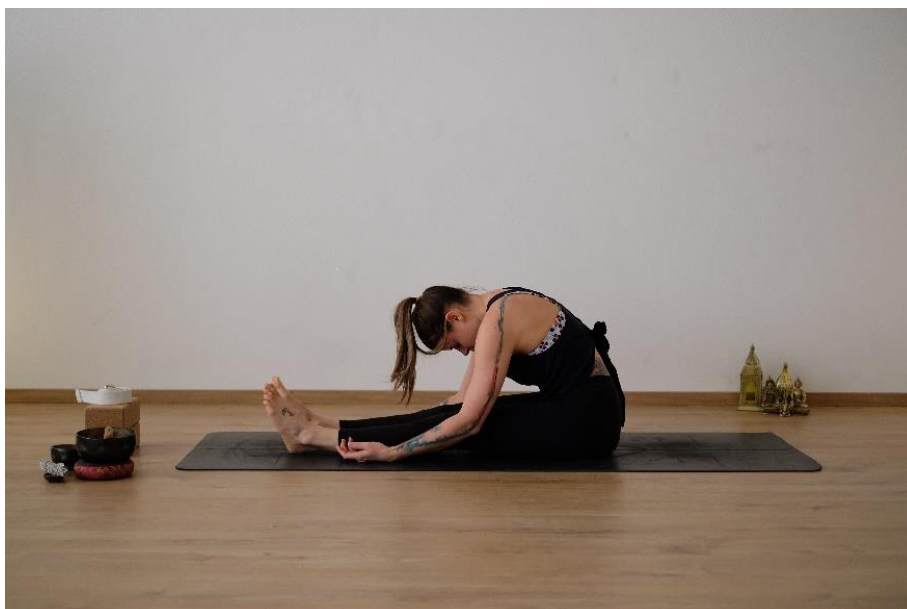
Cat Tail : Spine, Hip flexors, Chest, Shoulders

Come into a supine twist with one leg bent into the chest. Place the lower arm on the thigh of the bent leg and reach behind with the top arm to hold the foot of the lower leg.



Caterpillar : Spine, Hamstrings and Back line of the body

From a seated position, fold over your extended legs allowing the spine to round and the head to relax. Place a cushion underneath your knees if you feel pressure in the knee joints or if the stretch in the hamstrings becomes too strong to relax the body forwards.



Dangle : Spine, Neck, Hamstrings and Back line of the body

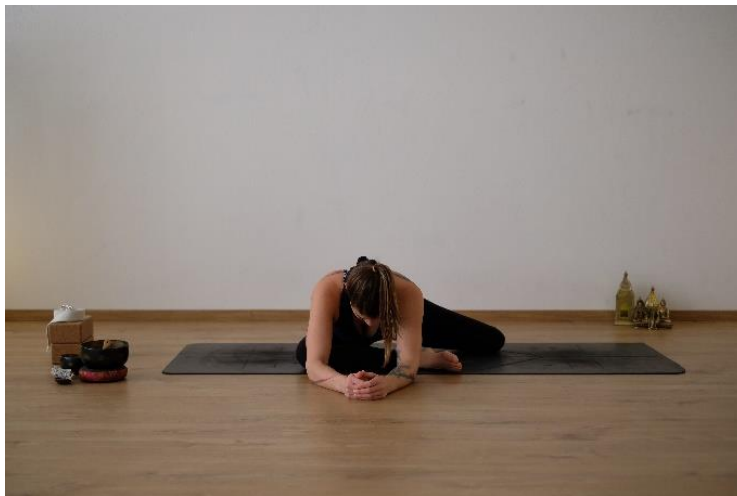
From a standing position place your feet hip-width apart and fold forwards. Allow the spine to round, let the head hang heavy and bend the knees so you can relax the lower back and hips.

Relax the whole back body.



Deer : Hips and spine

From butterfly, swing one leg back, bringing one leg into an internal and the other into an external rotated position. Fold forwards or twist the spine to the opposite direction of the leg that is behind.



Dragon : Hip flexors of back leg, Groin, Outer hip of front leg

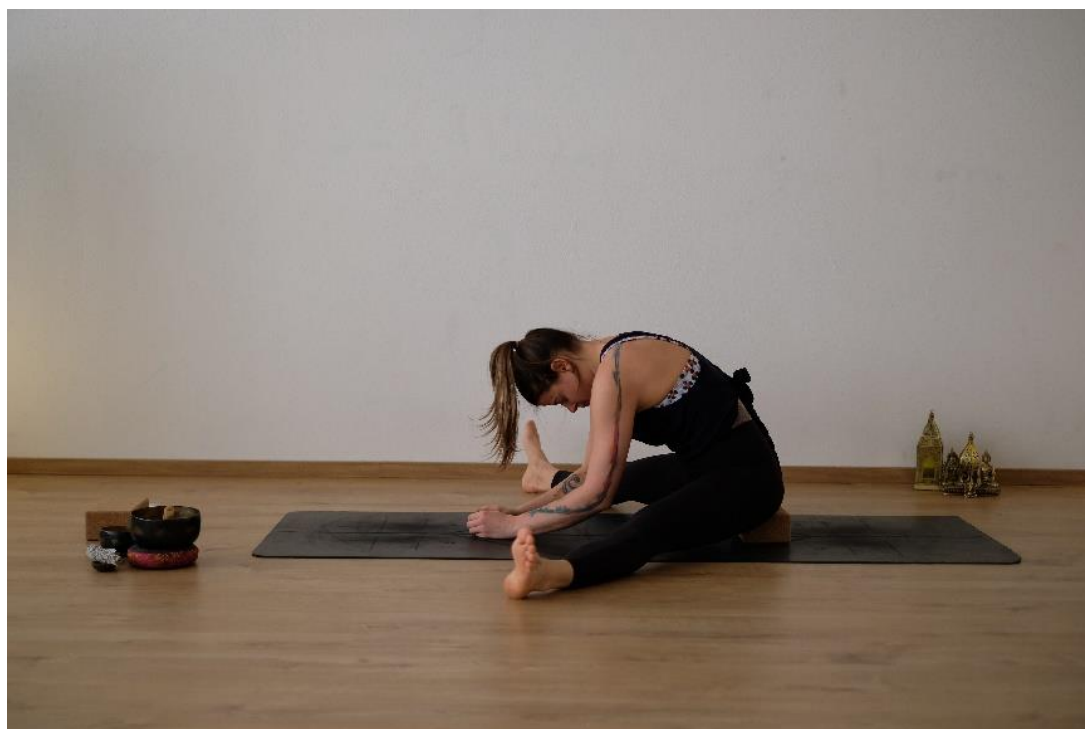
From Downward facing dog or Table top step one foot forwards. Slide the back knee further back and let the hips lower down forwards. Variations include placing the hands on the front thigh, inside the front foot or walking them out to the opposite direction of the front foot.





Dragonfly : Inner leg lines, Back body

From a seated position spread the legs and fold forwards with hands or forearms on the ground. Elevating the hips by sitting on a block or cushion might give you a deeper experience.



Eye of Needle : Outer hip

Lie on the back, crossing one ankle over the opposite thigh. Draw the legs into the chest holding onto the back thigh, the shin or the foot. This is an alternative posture if Swan is not accessible for you.



Flamenco : Inner, outer and back lines of the legs

From a supine position, loop a strap or scarf around the base of the toes and extend the leg towards the ceiling. After the desired time, let the foot lower down to either side, holding each position for the same amount of time. Keep a small bend in the knee.



Frog : Inner thighs, Groins

Starting in child's pose, take the knees wide, placing the hands or forearms in front of you. Experiment with the placement of the feet and shifting the weight and hips more forwards or backwards. Place the knees on a blanket if they are sensitive.



Half – Butterfly : Spine, Hamstrings, Groins, Knee

From a seated position, extend one leg forwards and bring the opposite foot to the inside of the thigh of the extended leg. Fold forwards with either both arms inside or either side of the extended leg.



Melting Heart : Chest, Spine, Arms and shoulders

From Hands and knees walk the hands forwards and outwards, allowing the chest to sink towards the floor, keeping the thighs vertical. Option to place the elbows onto blocks or books to deepen the shoulder stretch. Place the knees on a blanket if they are sensitive.



Open Wing : Shoulder, Arm, Chest

Lie face down and bring one arm out to the side, in line with the shoulder, palm facing down. Bring the opposite hand onto the mat to roll the hip over towards the extended arm. Option to place the top foot behind or bend the extended arm to modify the stretch.





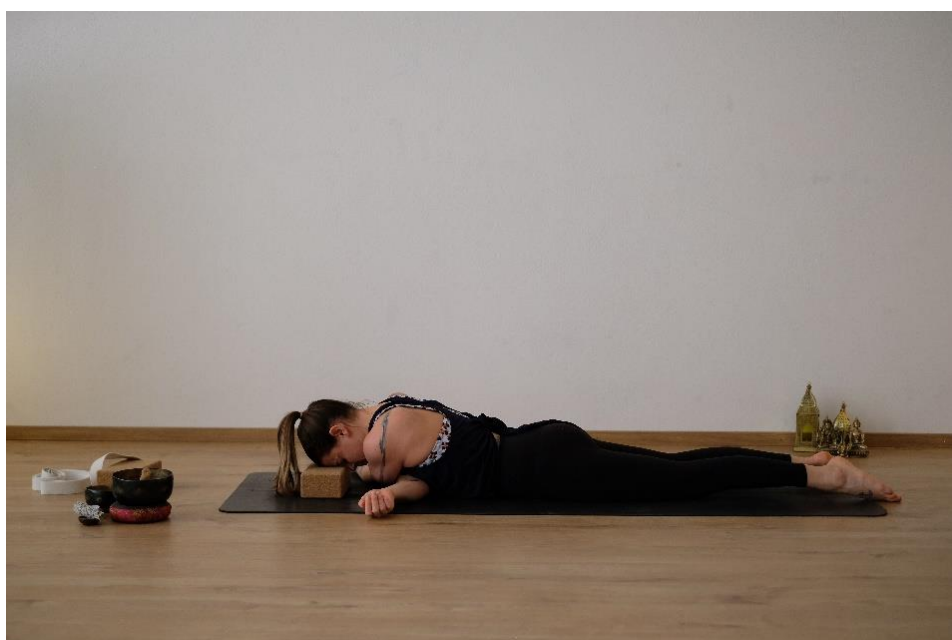
Outtrigger : Inner thighs, Groins

From Tadpole, extend one leg out to the side. Keep the knee slightly bent if you feel pressure in the joint.



Prone Eagle : Shoulders, Upper back, Triceps

From a prone position, cross the arms underneath the chest/neck and extend them out sideways. Allow the head to rest on the elbows or on a Block/Book.



Reclining Twist : Spine, Chest, Shoulders, Arms, Waist, Outer hip and leg

From a supine position, draw the knees to the chest and let them roll over to one side. Place the hand onto the top thigh and extend the opposite arm to the side. Option to cross the legs to deepen the stretch.



Saddle : Lower spine, Ankles, Knees, Hip flexors, Front line of the body

Sit on the heels or place the feet on the outside of the hips. Slowly lean backwards. Stay seated, leaning back onto the hands if you are already feeling the stretch in the thighs and a compression in the lower spine. Lower down further onto the elbows or lying down onto a cushion or the floor if you want to deepen the posture. Option to take half saddle with one leg extended forwards or bent with the foot placed in front of the hip.

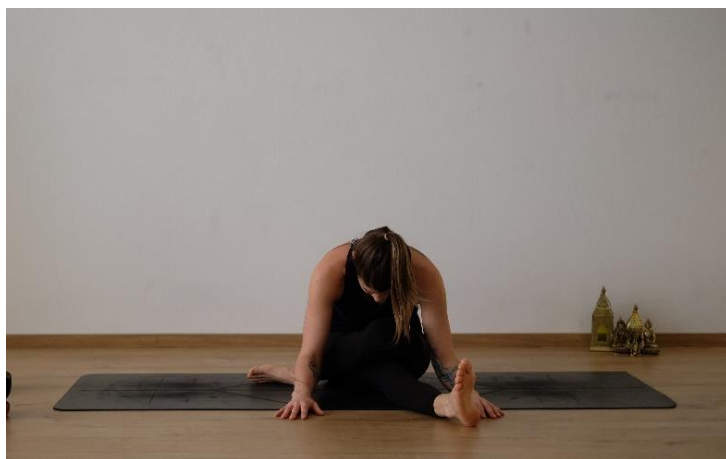
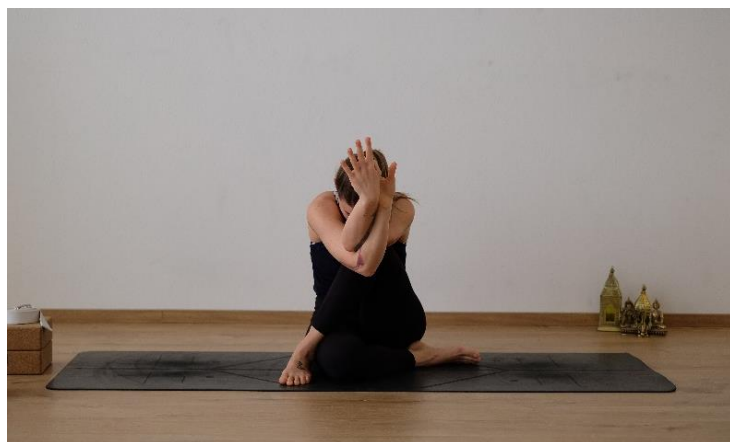




Shoelace : Outer hips, Spine

From a crossed legged position lean to one side, place one thigh on top of the other and the feet alongside the opposite hip. The knees might align on top of each other. Fold forward any amount. Option to place the foot of the top leg next to the lower thigh or to take half shoelace with the lower leg extended and the knees aligned. Another option is to come into eagle arms, hooking the elbows over the knees.





Sphinx – Seal : Lower spine, Front line of the body

Lying down in a prone position, placing the elbows underneath the shoulders and lifting the chest until feeling a mild pressure in the lower back. Option to bend the knees or come up onto the hands to go deeper – but stay in Sphinx with bent elbows if you already feel a compressive sensation in the lower back.

Neutralise by lying on the stomach for one minute, releasing any pressure in the lower spine.

A sense of fragility in the lumbar region after this posture is completely normal.





Squat : Groins, Inner legs, Spine

Come into Squat either from a standing or sitting position. Deepen the sensation on the inside of the legs by pushing the elbows out. Option to sit on a Block or cushion and/or to lean forwards, rounding the spine.



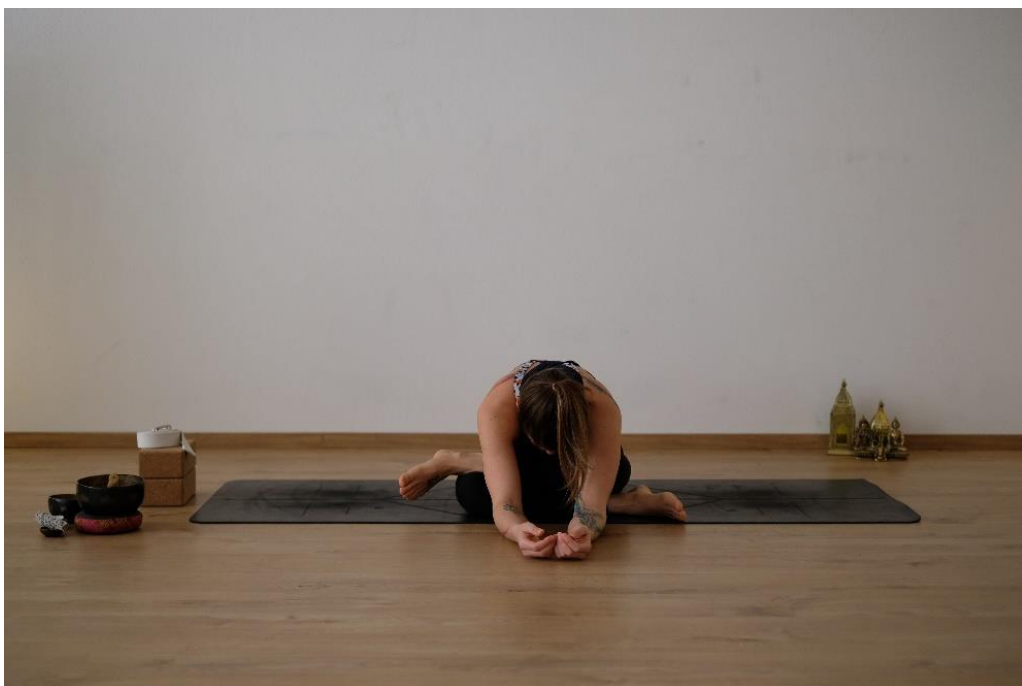


Square : Outer hips, Spine

From a seated position, cross the shins and move the feet forwards to find the shins parallel.

Option to move the knees closer together and/or to place the top foot over the opposite thigh. Fold and relax forwards any amount.





Stirrup : Hips, Spine

Lie on the back and draw the knees into the chest. Hold the soles of the feet and take the thighs apart. Feet towards the ceiling and knees down to the side of the body. Use your arms to draw the feet further down and back.



Supported Bridge : Sacrum and Lumbar Spine, Hip flexors, Front line of the body

Lie on the back with the knees bent. Lift your hips to place blocks, books or a big cushion underneath. Option to extend the legs forward to deepen.



Swan : Outer hips, Hip flexors

From Table Top or Downward facing Dog place one knee towards the hand of the same side. Slide the back leg further back. Turn the front foot towards the opposite hip. Stay seated or fold forwards onto the elbows or all the way to the ground. Option to go deeper by placing the front foot and shin further forwards, away from the opposite hip. Option to include a spinal twist by sliding the arm on the side of the extended leg underneath the other arm.





Tadpole : Spine, groins, Adductors, Chest

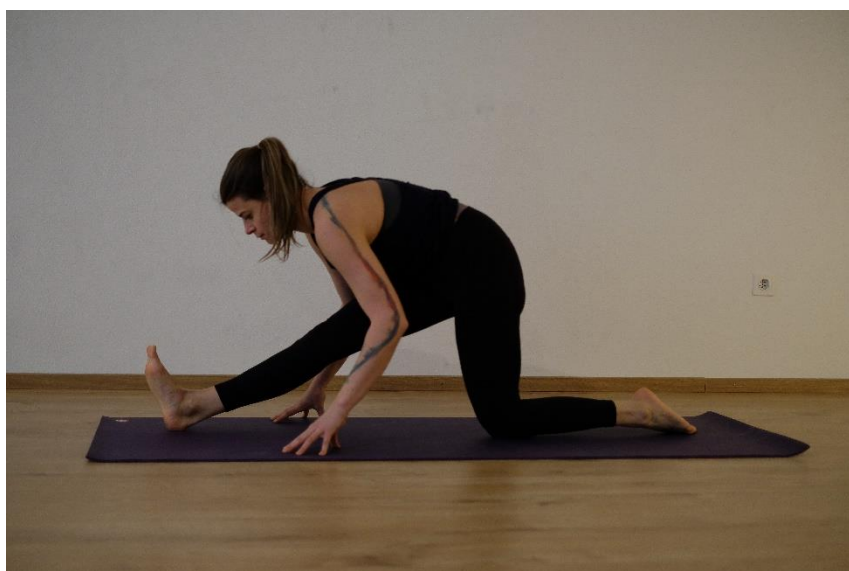
From Table top slide the knees out, keeping the big toes together. Fold forwards, placing the arms in front or to the side of the body. Option to come into a side stretch for 2 minutes each side by placing the upper body onto the thigh and reaching the hands away from the midline.



Half and Full Split : Hip flexors of back leg, Groin, Outer hip and Hamstrings of front leg

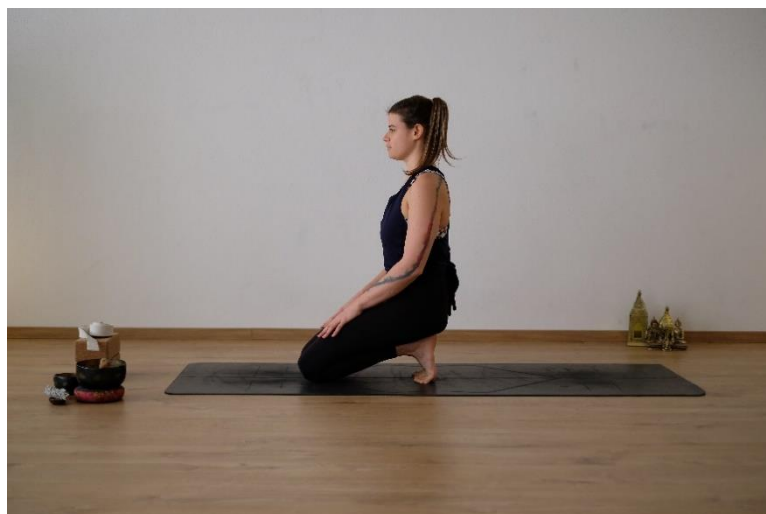
Starting in Dragon, extend the front leg and lean over the thigh. For the full split, slide the back knee further back and slide the front heel forwards.

Option to place a cushion or a block underneath the hips or front thigh for support.



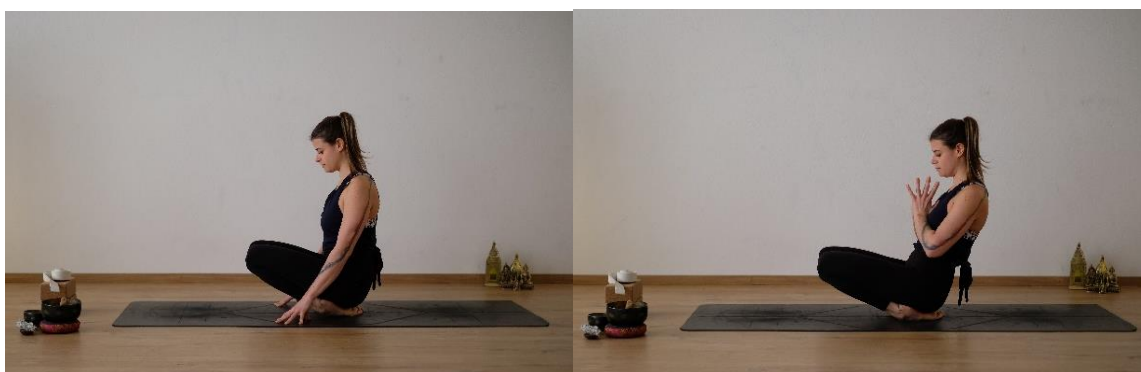
Toestretch : Plantar fascia, Knees

Sit on the heels with the toes bent. Hold the position as long as possible.



Anklestretch : Ankles, Knees

Sit on the feet and lift the knees. Option to lift the hands into prayer pose, leaning backwards.



Seagrass : Venous backflow, stimulate circulation and relaxation

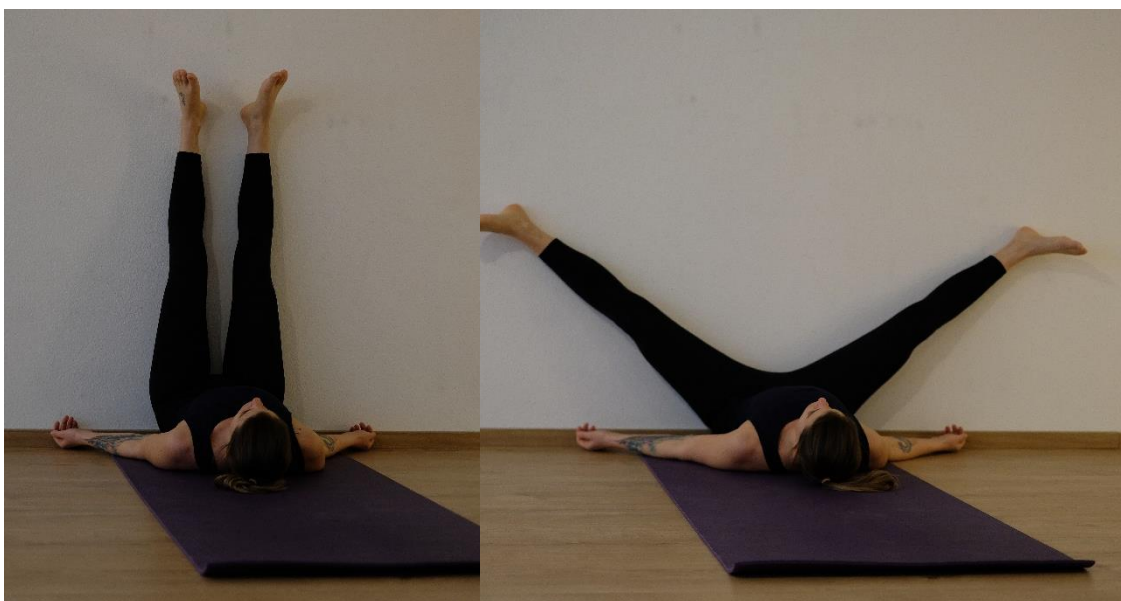
From a supine position, lift your hips and place a block or a big book underneath the sacrum. Lift the legs up to the sky. You will need to play a little with the position of the block, to find a way to completely relax your legs, so keeping them upright takes no effort.



Viparita Karani

The same position, but with the legs relaxed against the wall. Make sure that the hips are as close to the wall as possible.

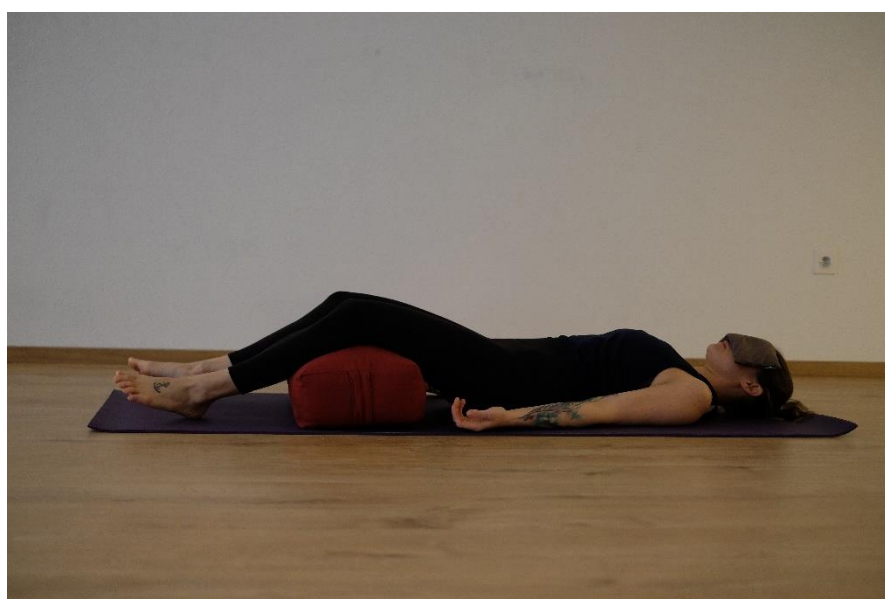
Option to place an heavy object on top of the feet to get a sensation of the femur bone being pushed into the hip joint.



Savasana

Lie down on the mat, separating the feet into hips distance or a little wider, arms to the side of the body. Relax the whole body, the breath and the mind.

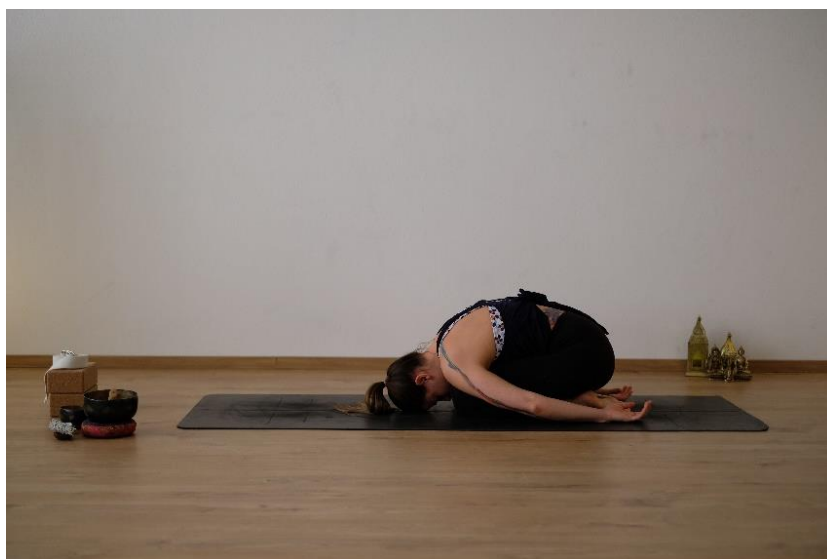
Option to bring a cushion underneath the knees if you feel pressure in the lower back or underneath the head if the neck is uncomfortable.



Neutralising Postures

Between or after postures, take a moment to relax the target area and focus on any sensation that is arising in passive or active neutralising postures. Be intuitive on what your body is asking for after every posture !

Child's pose



Downward facing Dog



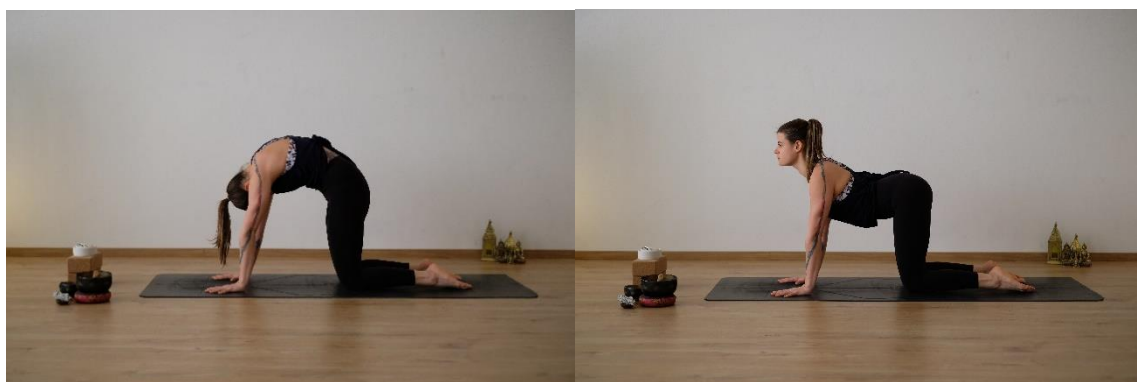
Reversed Table Top and Plank



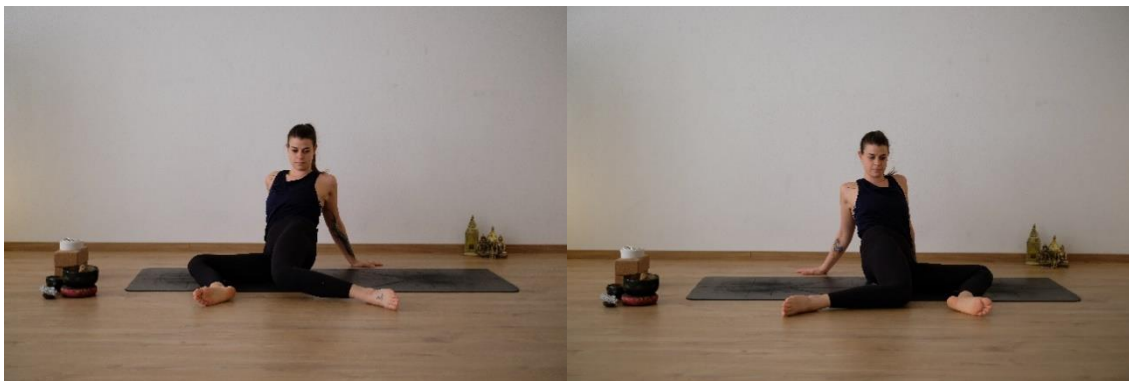
High and low Plank



Cat/Cow



Windshield-wipers



Active Twist



Yin Meditation

Starting the practice of Yin Yoga with a meditation is valuable because it is exactly what you will want to do during the practice of Yin Yoga – practicing mindfulness. As you enter, exit and maintain your postures, continue to make a new interior inventory. Notice how the practice affects you on a physical, emotional and psychological level. Accept whatever you discover.

Just stay curious.

Find a comfortable seat, either with your legs crossed or kneeling. Support yourself with cushions and blocks to keep the spine elongated. Close your eyes when you're ready. If at any time you experience physical discomfort or need to move for any reason, please do so mindfully and slowly. If you lose focus, feel free to open your eyes slightly to find a soft gaze on the floor until you feel able to concentrate and close your eyes again.

Bring your awareness to your physical body. Feel the weight of the body melt into the ground. Notice the feeling of gravity, traction, rooting into the ground. Feel the deep connection of the body parts and the surface you are sitting on. Feel all of your body parts that touch one another and those that rest on others. Feel your hair on your head. The soft feeling of the clothes against the skin. Air touching and moving gently over the exposed skin.

Notice that these sensations in your physical body appear and disappear.

Allow yourself to listen to the sounds around you. Without imagining what creates the sound, simply focus on the raw, uncoloured sound. Notice the sounds simply without judging them pleasant or unpleasant. Notice, that the sounds also appear and disappear spontaneously.

Let your consciousness settle down in your lower abdomen. From there, notice the rhythm of your breath. Feel the rise and fall of each inspiration and expiration. Don't try to change anything - accepting the breath just as it is, observe it. To stay focused, you may want to mentally say "I breathe in" and "I breathe out" with the movements.

Let the consciousness wander higher, to the level of the heart. From there, check the state of your emotions. It can be difficult; we are not well trained in our culture to notice or value our emotions. When asked, "How are you feeling right now," most people cannot answer. They

think they don't feel anything. This is rarely the case, but what happens is that we ignore the state of our heart.

Emotions don't have to be big or dramatic feelings. Emotion can be as small as boredom. Impatience is a common emotion during meditation. And contentment can also appear from time to time. The key is just to notice what is happening, without judging yourself for what is there. Don't criticize yourself for being bored or irritated; don't congratulate yourself for being happy. Just notice what's going on right now.

Allow your consciousness to rise even higher - to the point between the eyes, between the eyebrows; feel this point. From here, start to become aware of your mind. Do not try to stop the thoughts coming in. Just look at them - thoughts and feelings come and go on their own. Without judgment, emotions, history or coloring attached, simply observe your thoughts through an inner eye.

If you find yourself immersed in a thought or feeling, let it simply and gently disappear, returning to your pure and clear consciousness. Be gentle with yourself. Without forcing anything, without pushing things back. Simply watch and observe.

Once you want to get out of meditation, open your eyes and gently look at the ground.

Yin sequences

The Full – 60 to 90 min

1. Butterfly 3-5min

Windshield-wipe

2. Sphinx or Seal 3-5 min – neutralise lying on the belly 1 min

3. Open wing 2-3 min each side

4. Tadpole 3-5 min

Downward facing Dog or Childs pose

5. Dragon 2-5 min each side

Downward facing Dog or Plank

6. Swan 3-5 min each side

Downward facing Dog or Plank

7. Dangle 3-5 min

8. Squat 2-3 min

Windshield-wipe and/or reverse Table Tap

9. Supine Twist 3-5 min each side

10. Savasana 5-10 min

The Smoothie – 30 to 40 min

1. Butterfly 3-5min

Windshield-wipe

Cat/Cow

2. Melting heart 3-5 min

Downward facing Dog or Childs pose

3. Outtrigger 3-5 min each side

4. Cattail 3-5 min each side

5. Bananasana 2-3 min each side

6. Savasana or Viparita Karani 5-10 min

The cœur – 45 to 75 min

1. Tadpole 2-3 min

3. Open wing 2-3 min each side

3. Prône Eagle 2-3 min each side

4. Outtrigger 3 min each side

5. Melting heart 3-6 min (version with blocks)

Childs pose 1-2 min to Downward facing Dog

6. Dragon 2-4 min each side

Downward facing Dog or Plank

7. Saddle 4-6 min or Half - Saddle 2-4 min each side

8. Deer with Twist 3-5 min each side

9. Bananasana 2-3 min each side

10. Savasana or Viparita Karani 5-10 min

The Hipster – 45 to 75 min

1. Butterfly 3-5min

Windshield-wipe

2. Deer with Twist 3-5 min each side

3. Sphinx or Seal 3-5 min – neutralise lying on the belly 1 min

Childs pose to Downward facing Dog

4. Dragon 2-4 min each side

Downward facing Dog or Plank

5. Swan 3-6 min each side

Downward facing Dog to Childs pose

6. Frog 3-5 min

7. Dragonfly 3-5 min

8. Supine Twist 2-4 min each side

9. Bananasana 1-2 min each side

10. Seagrass 2min

11. Savasana 5-10 min

The Spine - 45 to 75 min

1. Tadpole with sidestretch 2-3 min each side
2. Deer with Twist 2-3 min each side
3. Sphinx or Seal 3-5 min – neutralise lying on the belly 1 min

Downward facing Dog to Childs pose

Cat/Cow

4. Squat 2-3 min
5. Dangle 2-4 min
6. Butterfly 4-6 min
7. Saddle 3-5 min or Half - Saddle 2-3 min each side
8. Supine Twist 3-5 min each side
9. Bananasana 2-3 min each side
10. Savasana or Viparita Karani 5-10 min

The Detox - 45 to 75 min

1. Supine Twist 2-3 min each side
2. Butterfly 3-5 min
3. Melting heart 3-5 min
4. Tadpole with sidestretch 2-3 min each side
5. Frog 3-5 min
- Downward facing Dog or Table Top to
6. Dragon 2-4 min each side
- Downward facing Dog or Table Top to
7. Swan with Twist 3-5 min each side
- Downward facing Dog or Plank
8. Deer with Twist 2-3 min each side
9. Supported Bridge 2-4 min
10. Viparita Karani 5-10 min

The Dancing Dragon - 60 to 90 min

1. Bananasana 1-2 min each side

2. Flamenco 3x2min each side

3. Tadpole 1-2 min

4. Outtrigger 2-3 min each side

Cat/Cow

Table Top to

5. Dragon 2-3 min each side

6. Swan 3-5 min each side

Downward facing Dog or Plank

7. Haöf – Split or Full - Split 2-3 min each side

Reverse Table Top or Reverse Plank

8. Supported Bridge 3-5 min

9. Stirrup 2-3 min

10. Cattail 3-4 min each side

11. Seagrass 2 min

12. Savasana 5-10 min

The Sleeping pill – 25 to 35 min

1. Tadpole 1-2 min

2. Caterpillar 3-5 min

Table Top to

3. Swan 3-5 min each side

4. Butterfly 3-5 min

5. Supported Bridge 2-4 min

5. Supine Twist 2-4 min each side

6. Savasana 5-10 min

The Caffeine - 30 to 45 min

1. Bananasana 2-3 min each side

2. Toestretch 1-2 min and Anklestretch 1-2 min

2. Half - Saddle 2-4 min each side

Cat/Cow

3. Melting Heart 2-4 min

Downward facing Dog

5. Squat 2-3 min

6. Dragonfly 3-5 min

7. Deer with Twist 3-5 min each side

8. Supported Bridge 2-4 min

Viparita Karani 5-10 min