

Yin Yoga Sequence



1. Hero Pose On Block



2. Caterpillar Pose



3. Child Pose



4. Supported Frog Pose

Chest Bolster



5. Child Pose



6. Bridge Pose Block



7. Constructive Rest Pose

Variation Knees Together

Feet Apart



8. Corpse Pose Roll Under

Spine



9. Constructive Rest Pose

Variation Knees Together

Feet Apart



10. Reclined Butterfly With

Bolster



11. Corpse Pose

