

THE YIN YOGA PODCAST

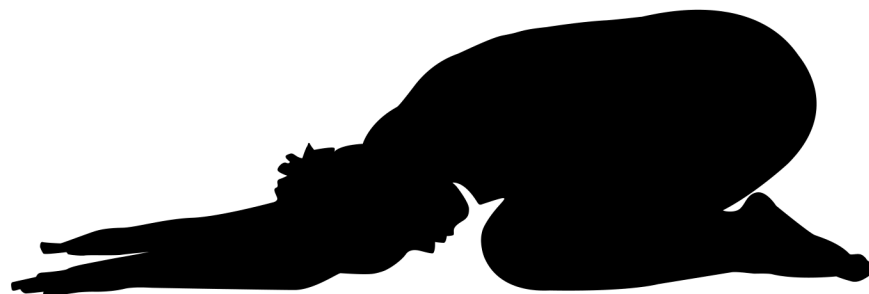
# Practice Gallery

## WORKBOOK

As a big THANK YOU to my listeners, I've compiled a collection of pose galleries based on my most popular practices.

Use these galleries as a practice aid, or as a companion as you practice along with the podcast episode. Your pdf practice workbook includes 6 of my most popular sequences.

Thanks for being a listener!



YIN & SOMATICS

# for Deep Hip Learning

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PRACTICE ONCE ON EACH SIDE



*Supine Twist*



*Banana Tree*



*Half Frog*

PRACTICE ONCE...

ON EACH SIDE



*Half Happy Baby*



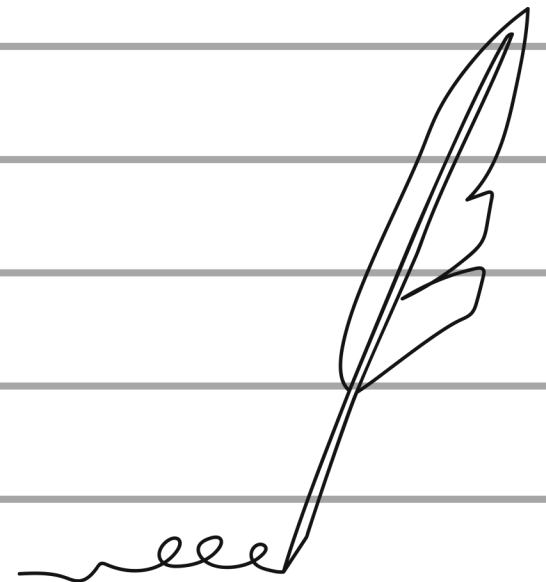
*Windshield Wipers  
(Alternating)*

PRACTICE ONCE



*Happy Baby*

# Practice Notes:



YIN & SOMATICS

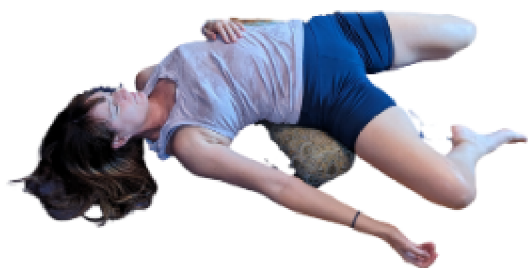
# Yinversion

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PRACTICE ONCE ON EACH SIDE



*Bridge over bolster*



*Windshield wipers - Hips elevated*



*Half Apanasana - Hips Elevated*

PRACTICE ONCE



*Banana Tree - Hips Elevated*



*Modified Snail*

PRACTICE ONCE ON EACH SIDE



*Feet elevated Windshield Wipers*

PRACTICE ONCE ON EACH SIDE



*Sleeping Cow*

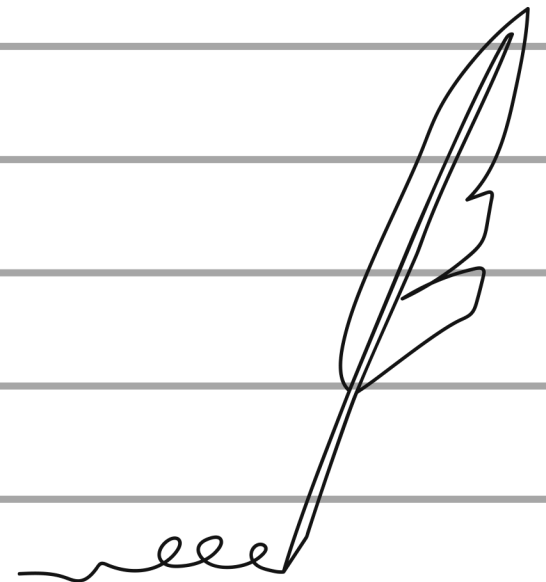


*Yogi Hammock*



*Feet Elevated Supported Supine Butterfly*

# Practice Notes:



YIN & SOMATICS

# Hip Flexor Relief

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PRACTICE ONCE ON EACH SIDE



*Cat Pulling its Tail*



*Half Frog*

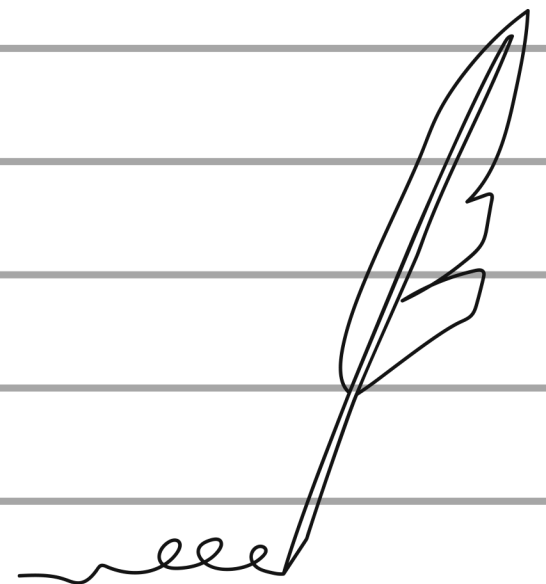


*Half Butterfly*



*Windshield Wipers  
(Alternating)*

# Practice Notes:



CHAIR YIN

# for Travel Aches and Pains

PRACTICE ONCE ON EACH SIDE



*Chair Cat*



*Chair Cow*



*Lounging Monkey*

PRACTICE ONCE ON EACH SIDE



*High Flying Dragon*



*Chair Pigeon*

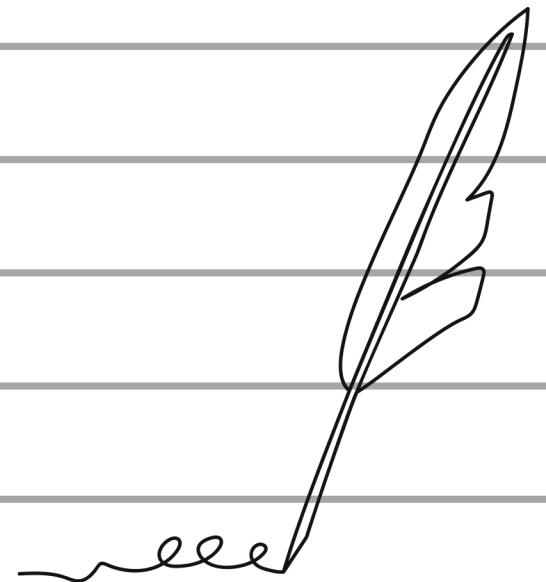
PRACTICE ONCE



*Upside Down Happy Baby*



# Practice Notes:



CHAIR YIN

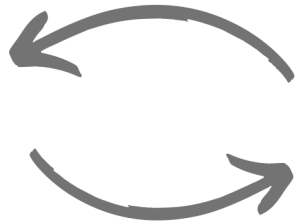
# Your Nervous system and Your Neck

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PRACTICE ONCE ON EACH SIDE



*Chair Cow*



*Chair Cat*



*Chair Crescent*



*Half Anahata*



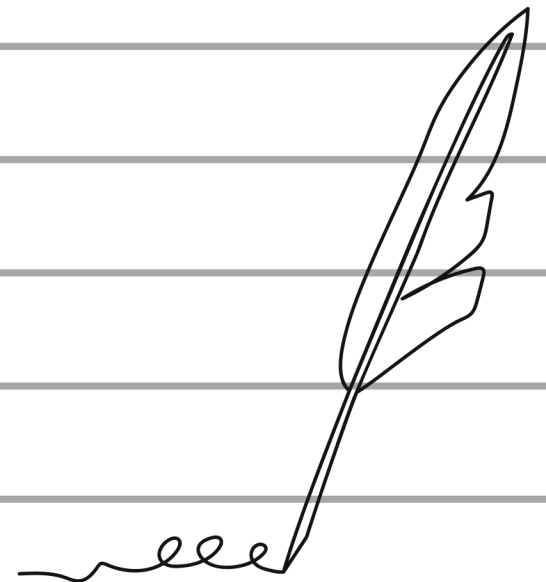
*Chair Twist*



*Anahata*



# Practice Notes:



YIN & MEDITATION

# *As I am Meant to Be*

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PRACTICE ONCE ON EACH SIDE



*Rocking Square*



*Half Butterfly*



*Half Happy Baby*



*Twisted Roots*



*Sleeping Swan*

# Practice Notes:

