

Yin Yoga Practice

Theme: On the Wall

Peak Asana: Shoelace Pose (on the Wall)

Props: Blanket

*Each asana can be held 3-5 minutes depending on the length of your class. Ideally hold the peak poses the longest.

*Leave lots of space for silence and self exploration

*This practice is done completely on the wall using Viparita Karani (Legs Up the Wall) as the counter pose between each asana

Sequence:

Tune in with Ujjayi Breath seated against the wall

- Offer the use of props to deepen the experience
- Give permission for it to be uncomfortable; exploring the deepest nooks and crannies of the bodies is a courageous act

Legs up the Wall

Butterfly (aka Baddha Konasana) on the Wall

Legs up the Wall (rock feet side to side then come to stillness for 5 breaths)

Frog Pose on the Wall (aka squat pose)

Legs up the Wall (rock feet side to side then come to stillness for 5 breaths)

Fan Pose on the Wall (aka legs in wide angle pose)

Legs up the Wall (rock feet side to side then come to stillness for 5 breaths)

Shoelace Pose (right side) on the Wall (aka reclined pigeon)

Legs up the Wall (rock feet side to side then come to stillness for 5 breaths)

Shoelace Pose (left side) on the Wall

Legs up the Wall (rock feet side to side then come to stillness for 5 breaths)

Reclined Twist on the Wall (do right first then left)

Sphinx or Seal with shins on the wall

Savasana