



# **Yin Yoga Teacher Training**



## ***Yin Yoga Asanas Workbook***

## **Yin Yoga Teacher Training – Yin Asanas**

Our Yin Yoga poses, as follows, are designed in a classical yoga class sequence. Whilst it would be impossible to do every single pose in any given yin yoga class, since we hold the yin yoga pose anywhere from 3-5minutes, there still needs to be a sense of flow within each class. Variations are provided for each pose so that students are given plenty of options to create a comfortable, nurturing space where they can access their full Maharaja Pranayama (royal yoga breath; 3 part breath) and connect to the yin qualities of peace, ease and allowing. Since there are many variations, it is impossible to have a name for each version of the pose so here we have chosen to label the body part and call it a 'stretch'. Other more traditional shapes can be given their yoga pose name in both English and Sanskrit. We encourage all Yin Yoga teachers to be creative with names of yin poses and be prepared to adapt names to suit the feeling the pose inspires. This then remains true to the Yin philosophy of being changeable, non-rigid and creative.

Come into each pose to the degree which serves both your physical and metaphysical (emotional, mental, spiritual) self on the day, knowing that from one day to the next, you will feel different and have different needs – your yin pose needs to reflect this internal space. It is impossible to provide the wide range of variations within each yin asana shape and the idea is to give both yourself and your students the freedom to find the shape that feels 'yin-like' – it needs to feel relaxed, luxurious, spacious, supported, and connected, with the ability to breathe deeply. The facial expression must be open, light and if needed, you could smile radiantly. If you are clenching your jaw or furrowing your brow, it is a sign to modify the pose. Yin yoga poses aren't meant to be completely comfortable and we adopt the yoga analogy of 'comfortable discomfort' when practicing yin yoga. There needs to be a steady stream of prana felt within the meridians that the pose opens and a releasing of the joints that are engaged with the pose, however, we cannot hold the pose at full extension. If we were to fully engage the muscles, we would not be practicing yin yoga. The muscles of the body must relax and cool down in order to access the connective tissue. Forcing the body to hold poses for 3-5 minutes at full extension will cause injury. Adapt and adjust your yin poses so you can feel the flow of prana which will deepen into a pulsation with the long hold. Ensure the quality of the internal feeling is of a feminine nature (see more on our Yin philosophy module for further insight into Yin/feminine energy).

***Please refer to the Yin Yoga Asanas module video for detailed instructions on each pose.***

## **Childs Pose – Balasana**

*Joints: ankle, knee, hip, wrist, elbow, shoulder & vertebrae of spine*

*Meridians: Du (Governing)*



## Toe Squat/Ankle Stretch

*Joints: toe, ankle, knee*

*Meridians: stomach, spleen, liver, gallbladder*



## Squat

*Joints: ankle, knee, hip. Pic 2: neck*

*Meridians: stomach, spleen, liver, gallbladder, kidney, bladder, Du (governing)*



## **Reverse Prayer – Pashchima Namaskarasana; Photo 3: Cow Face Pose – Gomukhasana**

*Joints: wrist, elbow, shoulder*

*Meirdians: small intestine, pericardium, heart, triple-warmer, large intestine, lung*





## Wrist/Elbow/Shoulder Stretch

*Joints: wrist, elbow, shoulder*

*Meirdians: small intestine, pericardium, heart, triple-warmer, large intestine, lung*



## Thread the Needle

*Joints: wrist, elbow, shoulder*

*Meridians: small intestine, pericardium, heart, triple-warmer, large intestine, lung*



## Sphinx/Cobra – Bhujangasana or Seal

*Joints: wrist, elbow, shoulder, lower spine*

*Meridians: Du (governing), small intestine, pericardium, heart, triple-warmer, large intestine, lung, kidney, bladder, stomach, spleen*



## Shoulder/Upper Back Stretch

*Joints: wrist, elbow, shoulder, spine*

*Meridians: Du (governing), small intestine, pericardium, heart, triple-warmer, large intestine, lung*



## Melting Heart – Anahatasana

*Joints: wrist, elbow, shoulder, spine, neck*

*Meridians: Du (governing), Ren (conception), small intestine, pericardium, heart, triple-warmer, large intestine, lung*





## Seated Forward Bend – Pashcimotthonasana

*Joints: spine*

*Merdians: Du (governing), bladder*



## Hamstring Stretch/Inner + Outer Thigh Stretch

*Joints: spine, shoulder*

*Merdians: Du (governing), bladder, liver, kidney, spleen, gallbladder*



## **Butterfly/Reclining Butterfly – Baddha Konasana/Supta Baddha Konasana**

*Joints: hips, knees, lower spine*

*Meridians: Du (governing) liver, kidney, spleen, gallbladder*



## Cross Legs Forward Fold/Revolved Cross Legs Forward Fold

*Joints: hip, knee*

*Meridians: gallbladder, stomach, Du (governing)*

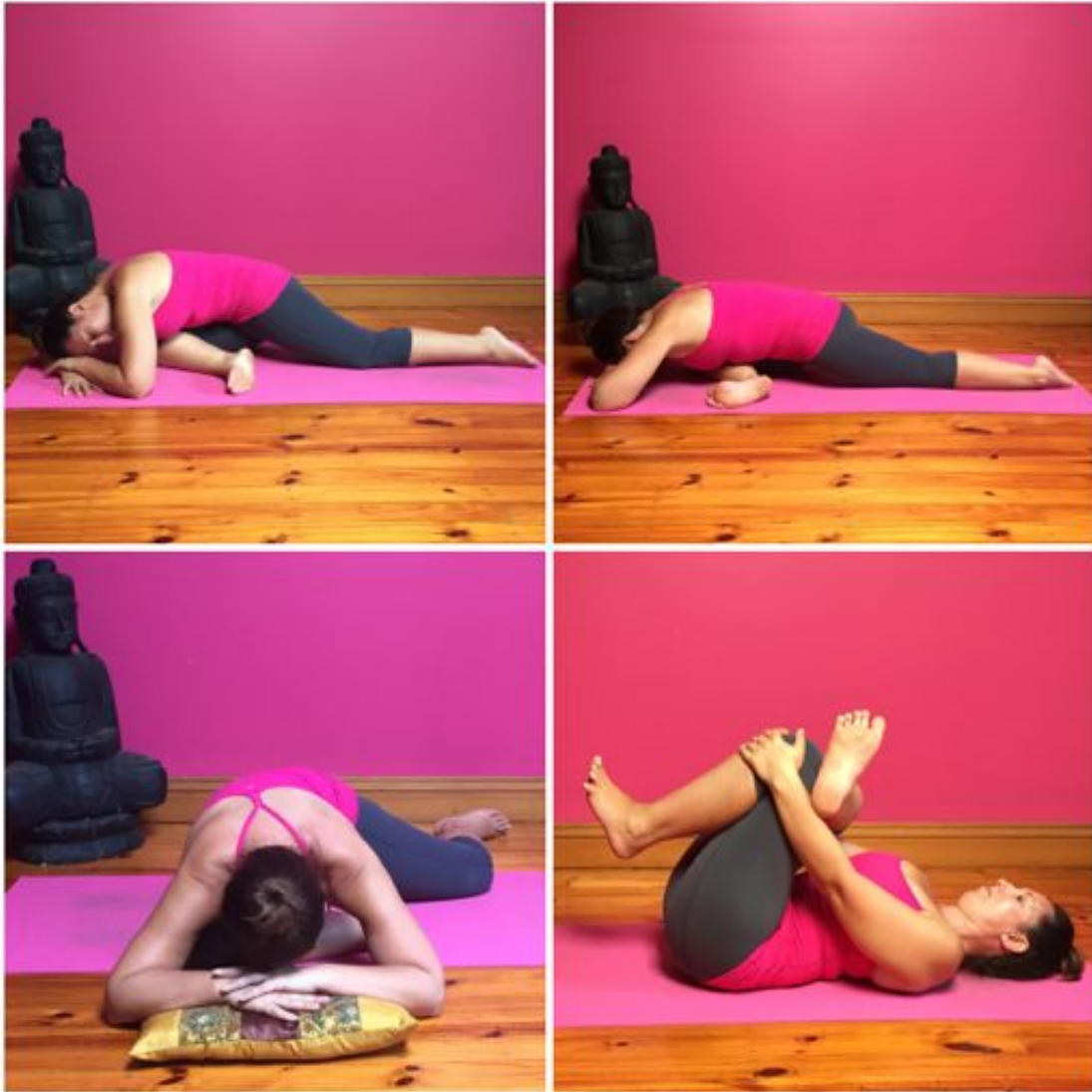




## Pigeon – Rajakapotasana

*Joints: hip, knee*

*Meridians: gallbladder, stomach, Du (governing)*



## Equal Angle Fold (Scissor Splits) – Samokonasana

*Joints: hip, knee*

*Meridians: liver, kidney, spleen, bladder, gallbladder,  
stomach, Du (governing)*





## Hero/Reclining Hero – Virasana/Supta Virasana

*Joints: hip, knee*

*Meridians: spleen, gallbladder, stomach, Du (governing),*

*Ren (conception)*



## Frog – Madukasaana

*Joints: hip, knee*

*Meridians: spleen, gallbladder, stomach, Du (governing),*

*Ren (conception)*



## Lizard (Dragon)

*Joints: hip, ankle*

*Meridians: spleen, kidney, gallbladder, stomach, bladder*

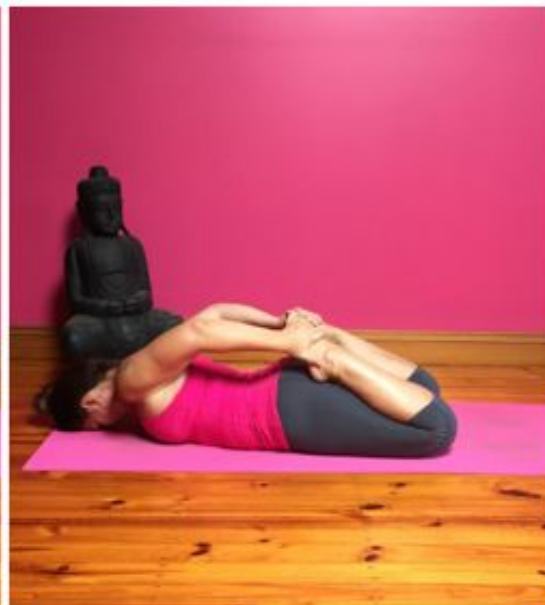


## Locust/Bow –

### Salabhasana/Dhanurasana

*Joints: hip, knee, lower back*

*Meridians: spleen, stomach,*



## **Half Lotus – Ardha Padmasana**

*Joints: hip, knee, ankle*

*Meridians: Du (governing), Ren (conception), stomach, liver*





## Side Stretch

*Joints: spine and the rib cage in a lateral flexion  
Meridians, gallbladder, heart, lung*



## Revolved Head to Knee Pose – Pavritta Janu Sirsasana

*Joints: spine and the rib cage in a lateral flexion, hip  
Meridians, gallbladder, liver, heart, lung, small intestine*



## **Bridge – Setu Bhandasana**

*Joints: spine, shoulders*

*Meridians: Du (governing), pericardium, stomach*



## **Fish - Matsyasana**

*Joints: spine, shoulders*

*Meridians: Du (governing), pericardium, stomach*





## Shoulder Stand/Plough – Sarvangasana/Halasangana

*Joints: spine, shoulders*

*Meridians: Du (governing)*



## Legs Up the Wall/Supported Shoulder Stand – Viparita Karani/Salamba Sarvangasana

*Joints: spine*

*Meridians: Du (governing), bladder, liver*



## **Banana**

*Joints: spine and the rib cage in a lateral flexion  
Meridians, gallbladder, heart, lung*



## **Lying Twist – Supta Matsyendrasana**

*Joints: upper spine, shoulders, hips  
Meridians: Du (governing), pericardium, lung, small intestine, stomach, gallbladder, bladder*



## Lying Twist – Supta Matsyendrasana cont:

*Joints: upper spine, shoulders, hips*

*Merdians: Du (governing), pericardium, lung, small intestine, stomach, gallbladder, bladder*



## Corpse/Reclining Butterfly – Savasana/Supta Baddha Konasana

*Joints: spine*

*Merdians: Du (governing), Ren (conception)*





## ***Seated Meditation– Siddhasana***

*Joints: knees, hips*

*Meridians: Du (governing), gallbladder, liver*

