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 3-5 minutes, 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*

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**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
Meiridians: small intestine, pericardium, heart, triple-warmer, large intestine, lung
Wrist/Elbow/Shoulder Stretch
Joints: wrist, elbow, shoulder
Meridians: small intestine, pericardium, heart, triple-warm, large intestine, lung
Thread the Needle
Joints: wrist, elbow, shoulder
Meridians: small intestine, pericardium, heart, triple-winter, large intestine, lung

Sphinx/Cobra – Bhujangasana or Seal
Joints: wrist, elbow, shoulder, lower spine
Meridians: Du (governing), small intestine, pericardium, heart, triple-winter, 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 – Pashcimottonasana
Joints: spine
Meridians: Du (governing), bladder

Hamstring Stretch/Inner + Outer Thigh Stretch
Joints: spine, shoulder
Meridians: 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/Halasana

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

Corpse/Reclining Butterfly – Savasana/Supta Baddha Konasana
Joints: spine
Meridians: Du (governing), Ren (conception)
Seated Meditation – Siddhasana
Joints: knees, hips
Meridians: Du (governing), gallbladder, liver