

YIN YOGA

Sequence Guide · Holding 1–5 min at 60–70% of your end range of motion

April 26, 2026 · Thank you for joining me

- **Seated Meditation**
- **Seated Twist + Shoulder Release**
- **Deer Pose**
Fold · Rotate · Side Lying · Twist
- **Cat / Cow**
- **Saddle**
- **Supported Camel**
- **Child's Pose**
- **Prasarita Padottanasana**
- **Savasana**
- **Sphinx**
- **Prone Rest**
- **Prone Pec Stretch**
- **Prone X-Arms**
- **Balasana / Child's Pose**
- **Cat Pulling Tail**
- **Supine Moon**
- **Savasana**