
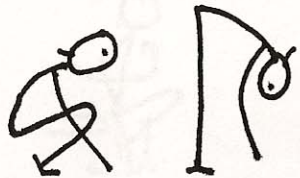








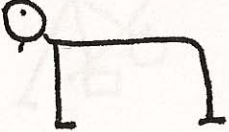


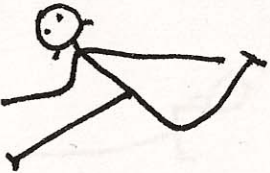
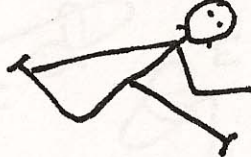
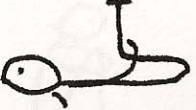

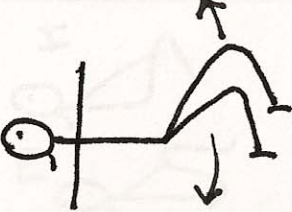
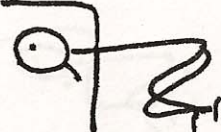



# Spinal Yin Practice

Incorporates forward bending, back bending and twisting to keep the muscles along the spine supple.

 <p>Opening Meditation</p>	 <p>Squat - Uttanasana</p>	 <p>Squat 2 minutes</p>	 <p>Dangling 2 minutes</p>	 <p>Dragonfly (fold over R leg) 5 minutes</p>
 <p>Dragonfly (fold over L leg) 5 minutes</p>	 <p>Dragonfly (fold over center) 5 minutes</p>	 <p>Deer (right) 1 minute each</p>	 <p>Deer (left) 1 minute each</p>	 <p>Caterpillar 5 minutes</p>
 <p>Tabletop</p>	 <p>Sphinx 5 minutes</p>	 <p>Childs Pose 1 minute</p>	 <p>Cat Pulling It's Tail (right) , 1 minute each</p>	 <p>Cat Pulling It's Tail (left) 1 minute each</p>
 <p>Happy Baby 2 minutes</p>	 <p>Hug Knees 1 minute</p>	 <p>Reclining Windshield Wipers 1 minute</p>	 <p>Twisted Roots 2 minutes each</p>	 <p>Savasana</p>