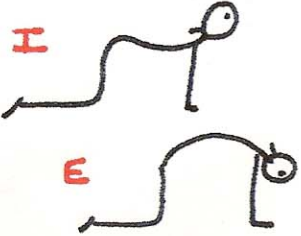
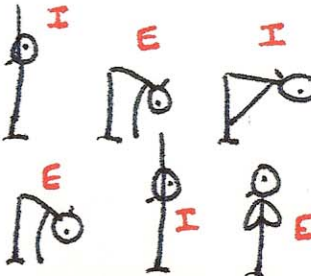


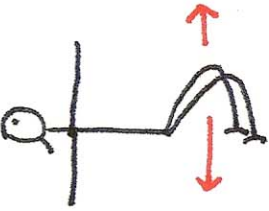
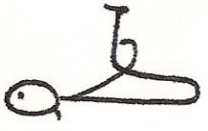





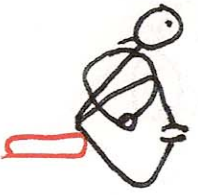










Yin Yoga & Mudras for Acceptance

Long-held static poses that stretch the connective tissue of the hips and spine; this practice is specific to easing the stress during times of transition

 <p>Cat/Cow</p>	 <p>Ardha Surya Namaskar</p>	 <p>Rag Doll</p>	 <p>Ardha Apanasana (1 minute)</p>	 <p>Windshield Wipers</p>
 <p>Happy Baby</p>	 <p>Shoelace (3 minutes)</p>	<p>Safety, Tranquility</p>  <p>Apana Mudra Touch tips of thumb, middle and ring fingers together</p>	 <p>Sleeping Swan (3 minutes)</p>	<p>Acceptance, Soothing</p>  <p>Yoni Mudra Interlace fingers inward, touch index & thumb tips</p>
 <p>Down Dog (1 minute)</p>	 <p>Butterfly (3 minutes)</p>	<p>Sufficiency, calm</p>  <p>Ushas Mudra Interlace fingers, L thumb above R, rest hands in lap</p>	 <p>Half Saddle (3 minutes)</p>	 <p>Childs (1 minute)</p>
 <p>Sphinx or Seal (2 minutes)</p>	 <p>Childs</p>	 <p>Seated Meditation</p>	<p>Serenity, Equanimity</p>  <p>Samputa Mudra Cup hands, L underneath, with hollow space inside</p>	 <p>Savasana</p>