




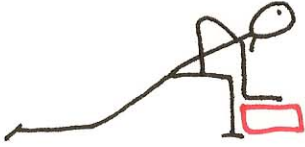

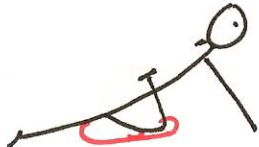





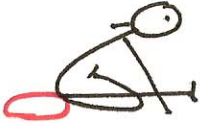


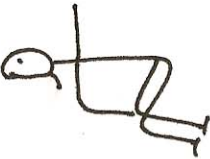




Yin Hips

Longer held supported poses that open and release tension held in the connective tissues of the hips and lower back.

 <p>Sucirandrasana</p>	 <p>Windshield Wipers</p>	 <p>Melting Heart 1-3 minutes</p>	 <p>Tadpole 3 minutes</p>	 <p>Childs Pose 3 minutes</p>
 <p>Dragon Flying Low 1-3 minutes</p>	 <p>Twisted Dragon 1-3 minutes</p>	 <p>Adho Mukha Svanasana</p>	 <p>Swan 2 minutes</p>	 <p>Sleeping Swan & Maha Sacral Mudra 3 minutes</p>
 <p>Sphinx 3-5 minutes</p>	 <p>Yoni Mudra Lower Belly, Acceptance <i>From prayer open palms keep thumbs, pinkies & ring fingers together, bring pinkie against thumb, extend others</i></p>	 <p>Deer 3-5 minutes</p>	 <p>Square 3-5 minutes</p>	 <p>Half Shoelace & Adho Merudanda Mudra 3-5 minutes</p>
 <p>Adho Merudanda Mudra Soothing & Grounding Make light fists and point thumbs in, hold face town</p>	 <p>Butterfly 3-5 minutes</p>	 <p>Twisted Roots 3-5 minutes</p>	 <p>Apanasana</p>	 <p>Savasana</p>