

Butterfly



Thread the needle

2 min - straight to next pose



Half happy baby

2 min - back to previous for other side



Wide-knee child



Half shoelace

2 min - straight to next pose

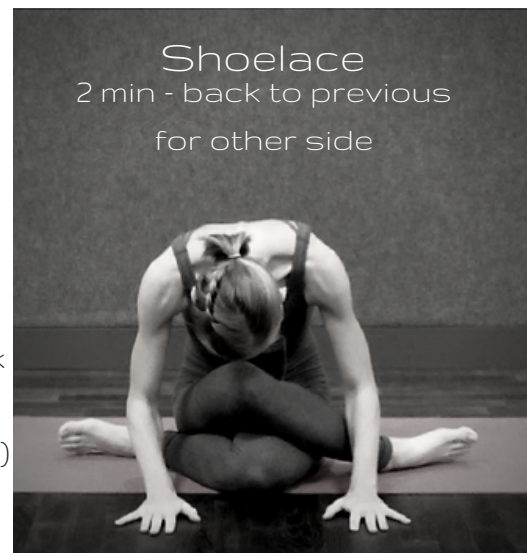


YIN YOGA FOR LIVER

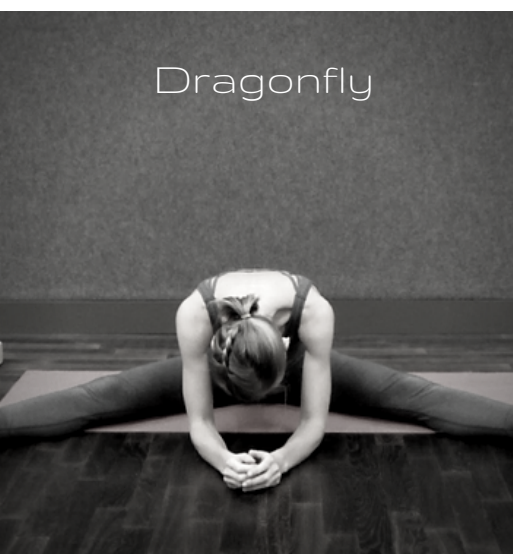
- * GREAT session for beginners (hold each pose for 3 minutes except the linked postures, long-time yin yogis feel free to hold longer)
- * RELAX in rebound on your back between postures (except between linked postures)
- * REMEMBER the Yin principles:
 - never go to maximum depth (pause when you feel first signs of resistance in the body)
 - keep relaxing and softening the muscles
 - remain still and patient and observant

Shoelace

2 min - back to previous for other side



Dragonfly



Happy baby

