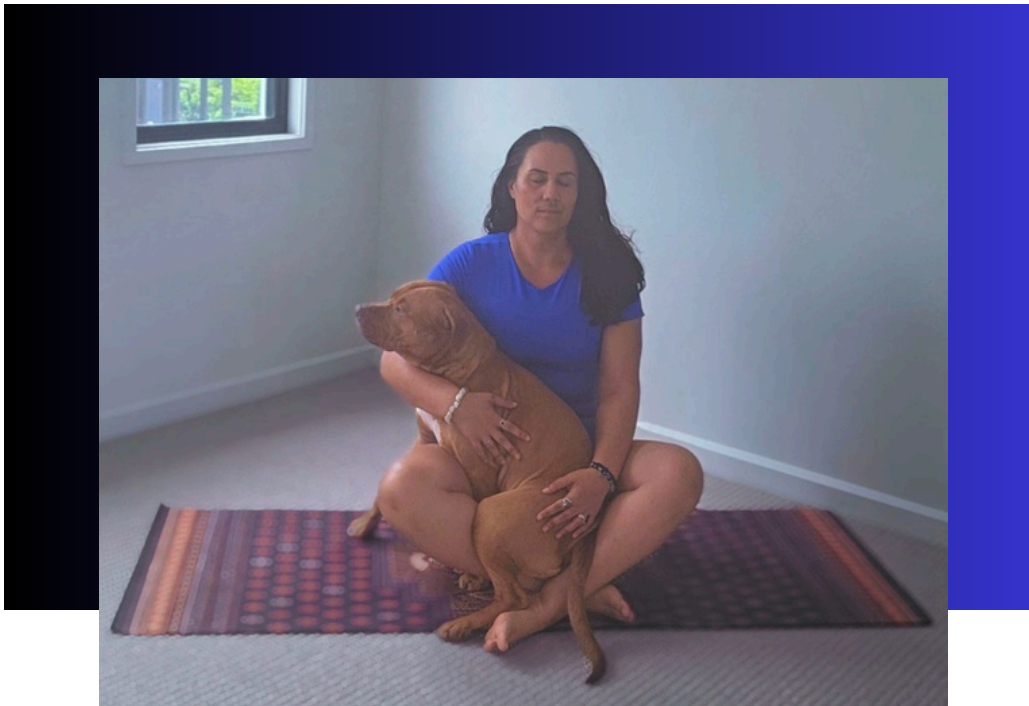


YIN YOGA CLASS

“Harmony in Simplicity”

Class Overview

- Duration: 30 minutes
- Props Needed: None – just a quiet space and a yoga mat (or soft surface).
- Ideal Time of Day: Evening or a quiet time for introspection.



BREATHWORK AND INTENTION

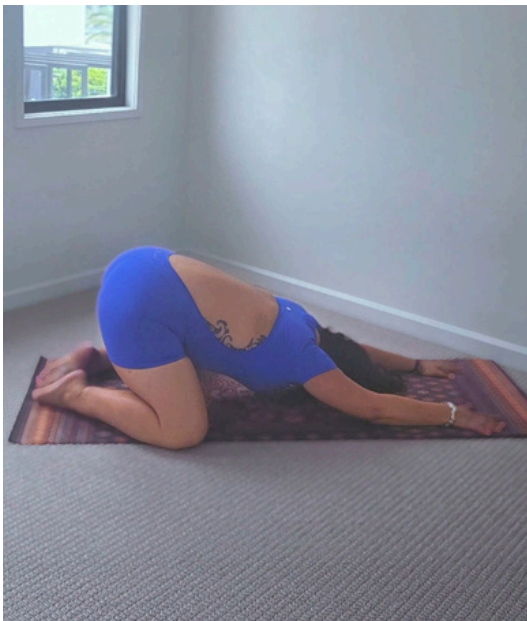
Pose: Sukhasana (Easy Seat)

- Sit cross-legged or kneeling with hands resting on your thighs or belly.
- Take slow, deep breaths: Inhale for 4 counts, pause for 2 counts, and exhale for 6 counts.
- If you feel called, you may set a Sankalpa (Intention) for your practice.
- Keep it simple and positive.
- Focus on the present as if it's already true.
- Connect to what you need most in this moment.
- Examples: "To calm my mind." "I Am giving back to me." "I trust the wisdom within me."
- Sensory Option: Lightly place one hand on the belly and the other on your chest and feel the movement with each breath.

YIN YOGA CLASS

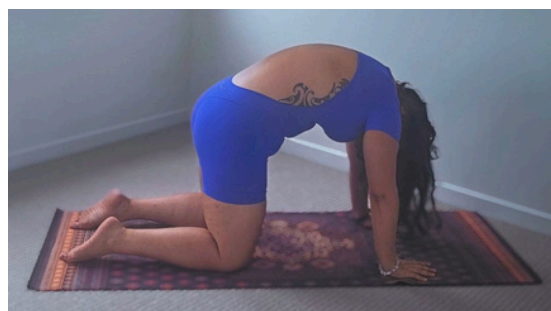
“Harmony in Simplicity”

With your breath steady and your intention set, we'll transition into the physical practice. This sequence offers calming poses, each held to encourage stillness and balance in your body and mind. Take your time to settle into each pose, allowing your body to relax fully. If any pose feels uncomfortable, feel free to adjust it or skip it entirely to honour your needs.



Wide Leg Balasana (Child's Pose)
3 minutes

- Kneel on the mat, bringing your big toes together and knees apart.
- Stretch your arms forward or rest them beside your body.
- Rest your forehead on the mat and breathe deeply.
- Focus: Ground yourself into the Earth and release tension.
- Affirmation: "I allow myself to soften and let go."



Marjaryasana-Bitilasana (Cat Cow)
1 minute

- Come onto hands and knees.
- Alternate between arching your back (Cow) and rounding it (Cat), moving with your breath.
- Focus: Restore spinal movement and energy flow.

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Paschimottasana
(Seated Forward Fold)
3 minutes

- Sit with your legs extended straight in front of you.
- Fold forward gently, letting your hands rest on your legs or feet.
- Allow your back to round naturally without forcing the stretch.
- Focus: Soften into the pose, releasing tension in the back and hamstrings.
- Sensory Option: Close your eyes or gently press your fingertips into the mat to feel grounded.
- Affirmation: "I surrender to the flow of balance and ease."



Dandasana with chest opener
(Staff Pose)
1 minute

- Place your hands behind you on the mat, fingers pointing back.
- Lift your chest gently toward the ceiling, keeping your shoulders relaxed.
- Option to drop the head back
- Focus: Open the chest and counteract the forward fold.

YIN YOGA CLASS

“Harmony in Simplicity”



Salamba Bhujangasana
(Sphinx)
3 minutes

- Lie on your belly, propping yourself up on your forearms with elbows under your shoulders.
- Let your chest gently open while relaxing your lower back.
- Focus: Breathe into your belly and feel the gentle opening of your heart space.
- Sensory Option: Press your forearms into the mat and notice the sensation of grounding through your arms.
- Affirmation: "I open my heart while staying rooted and grounded."



Wide Leg Balasana
(Child's Pose)
1 minute

- Make your way back into Child's Pose to gently neutralise the spine

YIN YOGA CLASS

“Harmony in Simplicity”



Supta Matsyendrasana
(Reclined Twist - Both Sides)
3 minutes

- Lie on your back with legs extended and arms resting in a T-shape.
- Bend your right knee and draw it toward your chest, then guide it across your body to the left.
- Keep your left leg extended and shoulders grounded, allowing the twist to feel natural.
- Turn your head to the right or keep it neutral, whichever feels comfortable.
- Breathe deeply into your belly, relax into the stretch, and hold for the desired time. Repeat on the other side.



Savasana
(Resting Pose)
5 minutes

- Lie flat on your back with arms relaxed at your sides, palms facing up.
- Let your body completely relax and focus on the rhythm of your breath.
- Sensory Option: Place a hand on your belly or chest to feel the rise and fall of your breath, or lightly cover your eyes with your hands for a grounding touch.
- Affirmation: "I am whole, balanced, and deeply connected to myself."

Thank You for practicing with me