



Yin Yoga – Loving Kindness

Yoga Teacher: Atim Tel: 07985 591370 www.MindBodyandYou.co.uk

This gentle yin sequence is a journey to inner inquiry and discovery - focusing on the inner yin to rebalance ourselves. Using the healing breath and positive affirmations we centre ourselves to a state of loving kindness. The gentle yin practise will stimulate the kidney and urinary bladder meridian lines to clear blockages and open us up to wisdom and rationality. Listen to your inner voice. Feel your breath. Hold each pose for up to 3 minutes and allow time for a short rest in between. You can use a blanket, towel or mat as prop supports where needed under the forehead (child's pose), hips (easy pose, half butterfly, dragon fly), knees (winged dragon, dragonfly, savasana) or the heels (squat).



1. **Easy Pose** - alternate nostril breathing is calming and balancing – 1 minute
Feeling the Yin – coming to calmness

Breathing in is yin and the inner body is yin
Feel the cool yin breath as you breath in.

Breathing out is yang and the outer body is yang
Feel the warm yang breath, warmed by your body as you breath out

2. **Side Stretch** to right with opposite hand behind or on shoulder – 5 Breaths each side

Left body is yin
Front body is yin
Lower body is yin
Opposites contain the essence of each other, and eventually merge.



- 3a. **Childs Pose** - set positive intentions with affirmation - 3 minutes
Set a positive intention to practise with a healthy dose of affection for yourself
Inhale and exhale through the heart. Take this healing breath throughout your body.
Visualise a time when you were really happy and experience that feeling now.
Silently repeat to yourself the following positive affirmations:

May I be filled with loving-kindness
May I be peaceful
May I be healthy
May I be happy

- 3b. **Movement - Child's Pose to Cow Pose** x 5 Breaths
Breathing in feel your chest expand - Breath out, feel naval draw in towards your spine



4. **Squat Pose** - with blanket support under heels option - 1 minute
- Buzzing bee breath (humming yoga breath) x 3 Breaths
- Movement on knees – arms to front, right arm out and centre, left arm out and centre



- 5a. **Winged Dragon** – right side - 1 minute
- 5b. **Winged Dragon** - left side – 1 minute
- Options – baby dragon hands on knee, winged dragon hands on inside of front foot

The body is healthy when yin and yang are balanced, and the essence of their energies flow smoothly throughout the body's tissues.

- Yang energy - right - hollow organs - bladder, intestines, stomach, gall bladder
- Yin energy - left - solid organs - kidneys, heart, lungs, liver, spleen, pericardium.

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- 6a. **Half Butterfly** (Butterfly pose with Right leg straight, opposite sole to thigh) – 1 minute
bb. Half Butterfly - with Left leg straight – 1 minute
- Visualise beautiful colours of butterfly – feel the warm energy of spring and summer
 - Option - turn torso to straight leg and fold forward each side – 10 Breaths
 - Option - arms folded overhead – Liver Meridian – 5 Breaths
 - Option - hand to middle back, opposite hand to heart – Heart and Lungs – 5 Breaths
 - Windshield wipers – moving knees from centre to left – centre to right – 5 Breaths



7. **Dragonfly** - 3 minutes
- Raising arms up – circle clockwise, circle anti-clockwise
- Option - Baby Dragonfly – upright – resting arms on legs
 - Option – Dragonfly, lean forward, forearms or elbows to ground – rest head in hands
- Visualise beautiful deep blues and greens of dragonfly
Feel the warm energy of spring and summer
- Table top – roll forwards to Sphinx



8. **Sphinx** - 3 minutes
- Hands beside body – more gentle for back with arms moved forward from body.
- Feel the upward yin breath move from the base of your spine up your back.
Feel the outward breath coming down the front of your body back to base of spine.



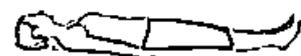
9. **Melting Heart** – this is a counter pose for the Sphinx pose – 5 breaths



- 9a. **Supine Reclining Twist** – Right side 1 minute - knee to chest hug x 5 breaths
9b. Supine Reclining Twist - Left side 1 minute - knee to chest hug x 5 breaths
- Hug both knees to chest – 1 minute



11. **Reclining Butterfly** - feeling the breath – soles of feet together - 1 minute
- Windshield wipers – moving knees from centre to left – centre to right
 - Hug both knees to chest – 1 minute



12. **Savasana** – 5 to 10 minutes

Breathing in loving kindness, breath out loving kindness
Breathing in peace, breathe out peace
Breathing in health, breath out health
Breathing in happiness, breath out happiness



Just for fun – feeling balanced – light hearted, happy, playful

Butterfly pose – intertwining the yin and yang – breath a smile in and out of your heart.

- interlace hands together, feel and breath, release
- interlace hands and toes together, feel and breath, release
- interlace toes together, feel, breath, smile.

Namaste

About Yin Yang Yoga

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In Chinese philosophy chi (or life force or prana as we call it in yoga) is split into two complementary opposites called yin and yang. Both are the same energy but reflect different qualities often with energy shifting from one to the other forever seeking to restore a harmonious balance - like - light, dark, hot, cold, active, still.

Yin represents the lower half of the body and the left side of the body

Yin is the feminine principle. It is dark, passive, receptive, reflective, cool, inward, soft and intuitive. Yin Yoga is a series of long held stationary poses which allows the muscles to soften, so that the inner deeper tissues can be worked upon. We will hold poses for up to 3 minutes and settle into stillness surrendering into the body so we can work the connective tissues, fascia, ligaments, joints and organs. Yin yoga helps to increase flexibility and helps healing by stimulating our meridians or energy channels to release blockages and increase energy flow within the body.

Restoring the flow of Chi or energy within us brings about an increased sense of ease and wellbeing.

Yang represents the upper half of the body and the right side of the body.

Yang is the masculine principle. It is light, active, outward and upward moving, hot, hard and logical. Yang yoga is the more traditional active hatha or ashtanga based asana practice that develops muscular strength and stamina. Yang yoga involves rhythmic movement to engage the muscles.

This workshop delves into the beauty of both styles of yoga - balancing yin with yang and balancing yang with yin. We aim to show the importance of finding a balance in one's own yoga practice, and one's life. Yin is a deep, introspective quiet and healing yoga. Yang is a more active, energising and uplifting. Some passive yin and active yang postures will be combined with mindful breathing, visualisation and self-awareness.

During your practise, observe, explore and enjoy....

Explore, how does your body feel, how do you feel? Notice your breath, feel your heart beat.

Be aware of the sensations and differences between ease and effort.

Finding a comfortable edge, notice left and right.

Notice front and back - Lower and upper body - Inner body and outer body.

Observe and focus on finding awareness of the shifting change of energy within and around you.

Listen to your body and mind, ease back, rest when needed,

or becoming more active and energetic when needed.

Through a deeper self-awareness we learn to keep ourselves in balance.

Balancing yin and yang creates an easier and happier sense of being...

... mentally, physically and emotionally,

... Mind, Body and You.