

# YIN YOGA: DEEP RELEASE

Target: Hips & Spine | Total Time: 45 Minutes

## Butterfly Pose

Fold forward with a rounded back, soles of feet together.

**5 MINUTES**

## Sphinx Pose

Rest on forearms, pubic bone grounded, relaxing the glutes.

**4 MINUTES**

## Dragon Pose

Low lunge, allowing hips to sink deep toward the mat.

**3 MIN / SIDE**

## Shoelace Pose

Stacked knees, grounding both sit bones, optional fold.

**4 MIN / SIDE**

## Caterpillar

Seated forward fold, legs extended, spine naturally curved.

**5 MINUTES**

## Savasana

Full stillness. Integration and rebound of energy.

**7 MINUTES**

Hold each shape at 60% intensity. Focus on the breath.