

YIN YOGA SEQUENCE

Focus: Hip Opening & Spine Neutralization • Total Duration: 60 Minutes

POSE	DURATION	FOCUS & CUES
Centering Sukhasana	5 min	Focus on deep belly breathing. Set an intention for the practice. Find stillness.
Butterfly Baddha Konasana	5 min	Round the spine forward. Support head with a block if needed. Target: Outer hips and lower back.
Dragon Utthan Prsthasana	4 min / side	Deep hip flexor stretch. Keep the back knee cushioned. Stay high on hands or drop to forearms.
Sphinx Salamba Bhujangasana	5 min	Gentle compression of the lumbar spine. Keep shoulders relaxed. Look straight ahead or tuck chin.
Shoelace Parsva Gomukhasana	4 min / side	Stack knees. Fold forward slowly to increase intensity in the glutes.
Caterpillar Paschimottanasana	6 min	Legs extended, knees soft. Allow the spine to curve naturally. Relax the neck.
Reclined Twist Supta Matsyendrasana	3 min / side	Neutralize the spine. Keep both shoulders grounded. Soft gaze toward the opposite hand.

POSE**DURATION****FOCUS & CUES**

Pentacle /
Savasana
Mrtasana

10 min

Full systemic integration. Limbs spread wide.
Complete surrender of effort.