

# Yin Yoga Sequences

Start with yin poses



**Easy Seated Pose**  
3 min.



**Revolved Head to Knee Pose**  
1 min.



**Equal Angle Pose**  
30 sec.



**Bound Angle Pose**  
30 sec.



**Reverse Table Pose**  
30 sec.

Continue with two rounds of yang poses (one for each side)



**Transition to Downward Dog**  
30 sec.



**Warrior 1**  
10 sec.



**Warrior 2**  
10 sec.



**Extended Side Angle Pose**  
10 sec.



**Triangle Pose**  
15 sec.



**Warrior 3**  
10-15 sec.



**Half Moon Pose**  
10 sec.



**Reverse Half Moon Pose**  
10 sec.



**Four-Limbed Staff Pose**  
10-15 sec.



**Upward Dog**  
3-5 sec.