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.