

Free Your  
Emotions

Yin Yoga



# Yin Yoga

What is it that you're ready to let go of and what are you ready to call in and open yourself up to receive?

There is a current feeling of "overwhelm" - are you feeling it? If so don't worry, you are not alone! This energy may or may not be yours, so it's important to take time to check in with yourself and get those practices in that help you relax and reset.

So with that, this month we'll explore a yin yoga practice and take dedicated time out from our busy minds to enter into our heart space, release what is no longer serving us and take some deep REST!

As the warm and long days of summer slowly close, we are given an opportunity to welcome the new. As with the cycles of nature, our lives too go through cycles and a new season brings the chance to reflect, release and reassess.

Yin Yoga is aligned with Traditional Chinese Medicine Meridians and the 5 Elements. Autumn identifies with the metal element, which is associated with our lung and large intestine meridians. These organs are our bodies cleansing and elimination systems, receiving all that is good for us and expelling what we no longer need.

Yin yoga poses are used to stimulate the meridians. When practising Yin, we're finding our edge of a pose, then backing off so that we only apply gentle pressure, but over a longer hold (from 3-7 minutes).

With this practice, you will physically allow your body to let go and release stagnant energy and tension and give yourself time to turn inward, asking what it is you do need and giving yourself full permission to receive it.

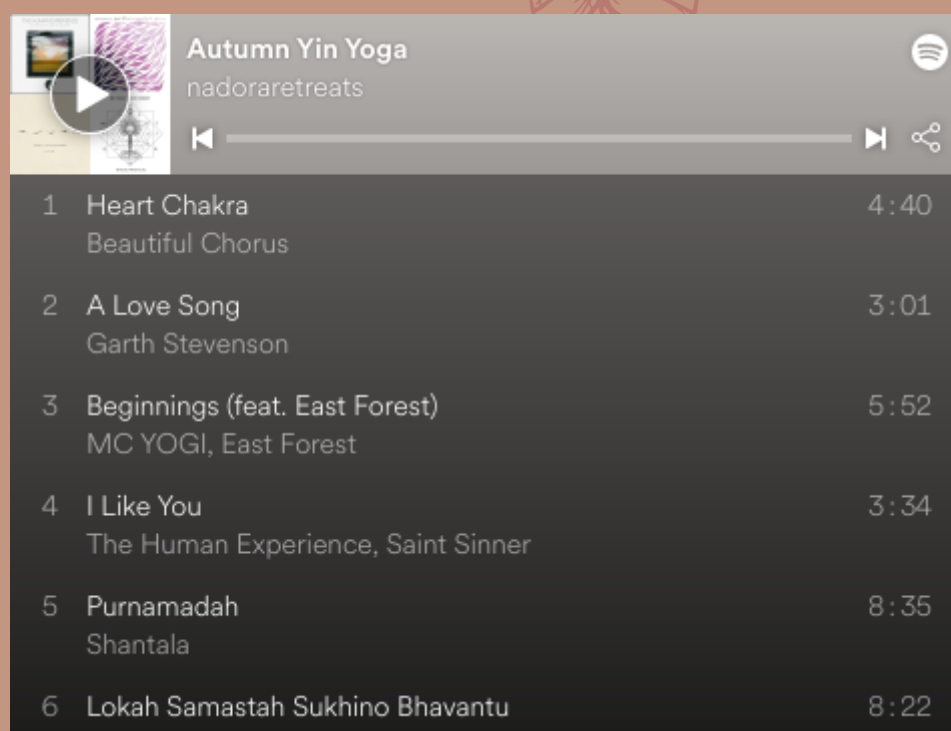
I invite you to be a witness to your own self and feel into what comes up through uneasiness, thoughts, emotions or discomfort. Without any judgement simply allow yourself to feel and try to sink into it a little deeper. Know that giving yourself this time and space to feel is where you will receive healing on any level that you need it.

It's all ok, this is your time to just... be... you.

I invite you now to take some time to practise with me.



Enjoy your Yin Yoga with our Autumn playlist.



# A Yin Yoga Practice for the Lung & Large Intestine Meridians

## 1. Banana Pose - 3-7 mins per side

Lie on your back with your arms extended overhead and your legs stretched out long. Take your left leg out to the bottom left edge of your mat then place your right ankle on top of your left. Take your left hand to the top left edge of your mat and then place your right hand on top of your left, creating a curve through your left side and stretching through your right side body. Return to centre and repeat on your right side.



## 2. Sphinx Pose - 3-7 mins

Lying on your stomach with your legs extended, push up onto your forearms with the palms of your hands turned toward your mat, creating a right angle from your shoulders to your wrists. You can either stay upright here, relaxing through your shoulders and keeping your neck neutral as you stretch through your lower spine OR to soften the stretch, take a bolster or some cushions under your chest and gently lower your top body to rest on the cushions while also allowing your neck to relax.





### 3. Supported Puppy Pose - 3-7 mins

With knees hip width apart, send your sit bones toward the sky and create a right angle from your hips to your ankles. Placing a bolster or cushions in front of your legs, lower your top body to rest on the cushions and extend your arms out in front, placing your palms down toward your mat and allowing your forehead to rest comfortably..



### 4. Supported Childs Pose - 3-7 mins

Take your knees wide and bring your big toes to touch. Placing a bolster or cushions in between your legs, send your sit bones back toward your heels and rest your upper body on your cushions. Close your eyes and rest one cheek on the cushions, remembering to turn to rest on the other cheek half way through.



### 5. Supported Caterpillar Pose - 3-7 mins

Extend your legs out in front and place a bolster or cushion under your knees. Place a bolster or cushions comfortably over your upper legs and fold your top body forward, resting your forehead on the cushions, arms by the sides of your body and allow your whole body to relax.



## 6. Supported Lying Spinal Twist - 3-7 mins per side

Set up a bolster or cushions to the left side of your body. Lie down on your back then gently draw your right knee into your chest and take it across the left side of your body, landing your right knee onto the cushions. Extend your arms out into a T shape from your torso. You can keep your neck neutral or if it feels comfortable, take your gaze to your right hand. Slowly return your head and knee back to centre and repeat on the left side.



## 7. Savasana - 3-7 mins

Lie on your back with your arms and legs extended. Take your legs wide and let your feet relax and gently fall out to the sides (you can place a bolster or cushion under your knees for additional support). With your arms resting away from your body, turn your palms up toward the sky. Close down your eyes, relax through your jaw, shoulders and hips and allow your yin practice time to integrate through your entire body.

