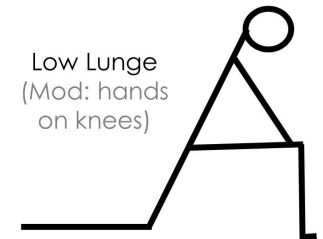
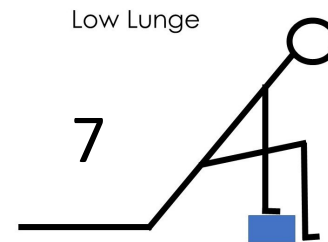
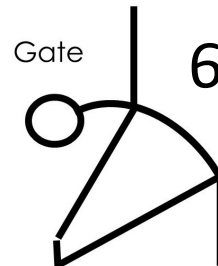
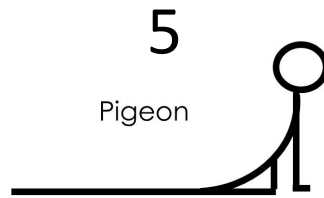
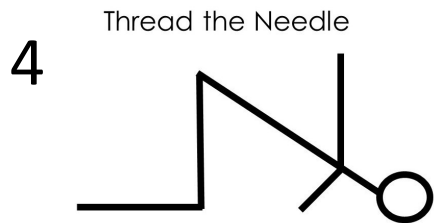
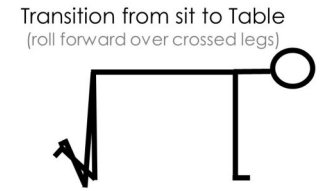
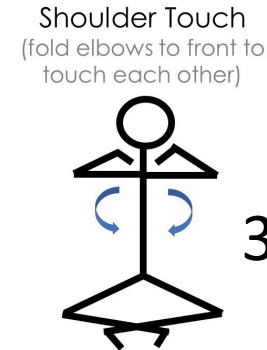
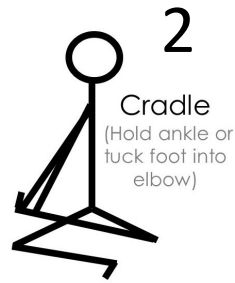
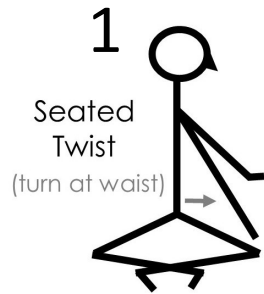


Yin Yoga Preparation Sequence

There is a myth that Yin yoga is easy but it isn't easy to hold many yoga poses for 3+ minutes! So if you are a beginner to Yin perhaps try holding these poses for one minute and you can build up to 3+ mins as you get used to this style of yoga!



Transition from lunge hands
on knee to standing

