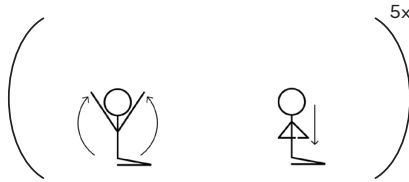


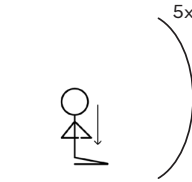


RELEASING SADNESS

YIN YOGA SEQUENCE FOR GRIEF & SADNESS



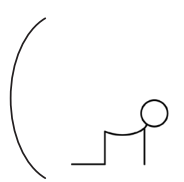
Inhale
SEATED
arms up



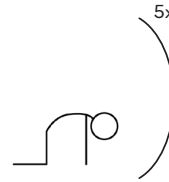
Exhale
HANDS DOWN
fingers point to each other, palms facing down



30 seconds
WRIST STRETCH
arms stretched out, fingers point towards knees



Inhale
COW
super slow!



Exhale
CAT
super slow!



3 minutes
WIDE-LEGGED CHILD'S POSE
arms extended



3 minutes
MELTING HEART



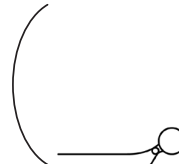
1 minute
CHILD'S POSE
knees together, arms back



3 - 5 minutes
SPHINX
forehead resting on a block



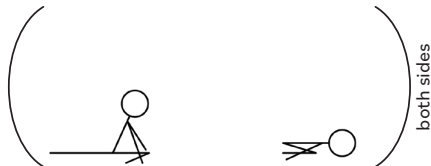
1 minute
LAY ON BELLY
forehead resting on hands



3 - 5 minutes
DOUBLE V / STRAIGHT JACKET



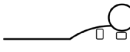
1 minute
BELLY ŚAVĀSANA
hands beside hips



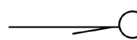
3 - 5 minutes
SWAN
arms stretched out, fingers point backwards



1 minute
CHILD'S POSE
knees together, arms back



3 - 5 minutes
SUPPORTED BACKBEND
heart on blocks, arms to the side



1 minute
CORPSE
rebound



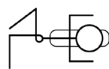
1 minute
LAY ON BACK
knees bent, feet on floor, hands on belly and heart



1 minute
CRADLE



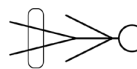
3 - 5 minutes
CATERPILLAR
bolster under knees



3 - 5 minutes
DEER
on bolster, both sides



1 minute
KNEE HUG



8 - 12 minutes
CORPSE
bolster under knees



2 minutes
SIDE FETAL POSE



5 minutes
MEDITATE