

VIRTUAL PRANA YOGA TEACHER TRAINING



YIN YOGA ASANA

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The most important thing to remember when you teach or practice yin asana:

**THE 4 TATTVAS OF YIN
& AHIMSA!**

ABOUT THIS ASANA GUIDE

Postures are listed in alphabetical order. We have omitted snail and anything related to shoulder stand due to anatomy studies involving the evolution of our spinal posture and the immense pressure on cervical vertebra no. 7.

Postures are summarized with the following format:

H: Hold Time

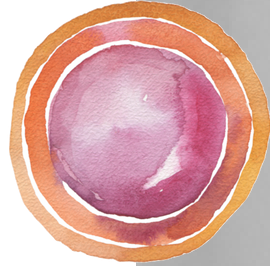
C: Contraindication(s)

PM: Prop/modification

M: Meridian

T: Transition

A: Anatomy



ANKLE STRETCH

SECOND STAGE OF INTENSE FOOT STRETCH

H: 1 minute

C: Ankles, knees, low back

PM: Towel under ankles, blocks at sides, blocks under shins

M: Stomach, spleen, liver, gallbladder

T: Sukasana (easy pose)

A: Ankles, feet



BANANASANA

LAZY MAN'S POSE

H: 3 - 5 minutes

C: Top knee - watch for hyper extension, if arms are overhead and become tingly, bring them to your side body

PM: Prop under sacrum knees bent or straight

M: Liver, gallbladder, with raised arms heart and lung meridians

T: Savasana

A: Hip-flexors, psoas, obliques, IT band



BRIDGE

SUPPORTED, LEGS STRAIGHT OR BENT

H: 2 - 5 minutes

C: Knees, low back, neck, C7

PM: Prop under sacrum, arms at side or overhead, legs straight or bent

M: Kidney, urinary bladder, spleen, stomach, with arms overhead, heart and lung

T: Reclined pyramid

A: Low abs, hip-flexors, psoas



BROKEN WING

OPEN WING / SHOULDER STRETCH

H: 1 - 3 minutes

C: Shoulders, top knee, tingling extended arm

PM: Bolster behind back, bent leg straight to protect knee

M: Lung, spleen, heart

T: Advasana / belly savasana

A: Shoulder, chest



CHILD'S POSE

WIDE LEGGED, SEAD OR SUPPORTED

H: 1 - infinity :)

C: Diarrhea or are pregnant, knee issues, sensitive top of feet. Can be uncomfortable just after eating

PM: If knee issues exist, you may need to place a towel or blanket between thighs and calves or avoid the pose altogether. You may need a blanket or other padding under the ankles to reduce discomfort on the top of the feet, prop torso

M: Spleen, stomach (compression), kidneys, urinary bladder, with arms forward or thread the needle option - lung and heart can also be activated

T: Table top, down dog, intense foot stretch, ankle stretch

A: Inner thighs, back, shoulders, chest, arm pits



DEER POSE

WITH OR WITHOUT PROP

H: 1 minute unless a deep stretch can be felt - then up to 5 minutes

C: Knees

PM: Keep that foot in closer to the groin for knee issues, support front knee with a bolster/ blanket, folded blanket

M: Galbladder, liver, kidneys, spleen, stomach

T: Dandasana, sputa baddha konasana, butterfly A: Hips, spine

SET UP SEATED WITH LEGS AT A 90 DEGREE ANGLE, TOP FOOT ON BOTTOM THIGH, FOLD FORWARD TO SQUARE SHOULDERS.



DOUBLE PIGEON

SQUARE

H: 3 - 5 minutes

C: Sciatica, pressure on the knees; tight hips

PM: Elevate hips until knees are below, if knees can't go below the hips, avoid this posture, watch out for pelvic tucking and low back tightness; round if ok, straight back if tight/painful, knees propped if necessary, forehead to block or bolster if rounding forward

M: Liver, kidneys

T: Dandasana (or easy pose - simply cross legged)

A: Hips, ankles, shoulders, neck, back and chest if arms reach forward



FROG

GOALIE STRETCH

H: 1 - 5 minutes

C: Back, knees, neck, ankles

PM: Angle of feet (ie can bring them closer together), prop torso up on bolster, pad feet, ankles and knees, bring forehead to a bolster or block

M: Spleen, liver, kidney / arms stretched forward ALL

T: Child's pose, belly savasana, savasana

A: Inner thighs, hamstrings



HAPPY BABY

STIRRUP

H: 1 - 2 minutes, unless arms can relax - 5 minutes

C: High blood pressure, heavy period *, external rotation of femur bones

PM: Hold back of thighs or ankles

M: Kidney, liver, urinary bladder

T: Savasana, hug knees in, wind removing pose, supine twist, reclined pyramid

A: Inner thighs, hamstrings



HEART BED

VARIATIONS WITH SOFT SUPPORT

H: 2 + minutes

C: Shoulder injury, tightness in neck and shoulders

PM: Prop up bolster, bring sacrum to block, head to block/blanket, legs in reclined pyramid, bolster under knees, or supported buddha konasana

M: Heart, lung

T: Fetal position

A: Chest, shoulders, thoracic



INTENSE FOOT STRETCH

TOW SQUAT

H: Up to 5 minutes, longer with practice

C: Sitting on the heels may strain the knees, if ankles or toe joints are very tight, don't stay here long - extreme discomfort may happen. If no injuries are present, it is ok to stay for a few breaths

PM: Feet on bolster if ankle injury is present, towel under over ankles

M: All lower body meridians

T: Child's pose, easy pose

A: Ankles, feet



LIZARD

LOW LUNGE, DRAGON / TWISTED DRAGON

H: 1 - 5 minutes

C: Can be uncomfortable for the kneecap or ankle, if stiffness is present - the back thigh will be at a 90 degree angle to the front thigh, putting a lot of weight on the kneecap, prop torso

PM: Support the back knee with a blanket, or place a bolster under the shin, allowing the back knee to be off the floor; prop torso so the upper body can relax. For twisted dragon, twist toward your front leg.

M: Stomach, spleen, liver, gallbladder, kidney, urinary bladder

T: Down dog, all fours, advasana, sphinx, child's pose

A: Inner thighs, hamstrings, hips



NECK STRETCH

MULTI DIRECTIONAL * VIP

H: 2 - 3 minutes

C: Whiplash, neck tightness, nerve issues, avoid rotation stretching on the back of the neck

PM: Only go as far as is comfortable, cue direction of eyes ie. keep eyes parallel to the space in front of you; sit against a wall or prop up pelvis and knees

M: ALL

T: Sukhasana

A: Neck muscles, sternocleidomastoid, traps



PUPPY

MELTING HEART

H: 2 - 5 minutes

C: Neck, shoulder injuries

PM: Padding under head or chest bent or wide arms

M: Kidney, spleen, stomach, heart, lung, urinary bladder

T: Child's pose, table top, advasana

A: Chest, shoulders, spine, neck



RABBIT

SPINE CURL

H: 1 - 2 minutes

C: Spine, shoulder issues * no pressure or very little pressure on head

PM: Towel or strap around feet. Recent or chronic injury to the knees, neck, spine or shoulders

M: All except liver

T: Child's pose

A: Spine, back, neck, shoulders



RECLINED MEDITATION

HEART BED WITH VARIATIONS

H: 2 + minutes

C: Head not touching floor, dizziness, low back pain PM: Bolster at the middle of back, block head, blanket under head or sacrum, strap or sausage legs together

M: Liver, kidney, heart, lung

T: Fetal position

A: Spine



RECLINED HERO

SADDLE

H: 1 to 5 minutes

C: If you have a bad back or tight sacroiliac (SI) joints, sharp or burning pain, pain - pressure or pulling in knees or ankles

PM: Stay seated with block under sit bones, blocks at hands to get a gentle shoulder stretch, chin stays tucked slighted toward chest

M: Stomach, spleen, kidney, urinary bladder, if your arms up - heart, lung

T: Easy pose, child's pose

A: Quads, back, shoulders, chest



RELAXED FORWARD FOLD

CATERPILLAR

H: 2 - 5+ minutes

C: Sciatica, tightness in knees, hips, low back disorders PM: Lower back disorders which do not allow flexion of the spine, still do the pose, but keep your back straight, tight hamstrings - bend knees, prop pelvis on a block or cushion, bring forehead to block or bolster

M: Urinary bladder

T: Dandasana, supta baddha konasana

A: Hamstrings, spine, back body fascia with chin to chest



ROCK THE BABY

GLUTE RELEASE

H: 2 - 5 minutes + if feeling a deep stretch

C: Knees

PM: A yang pose at first photo 1, moving into a hold/compression in photo 2, relax extended leg to floor once the deepest point of compression is found

M: Liver, kidney

T: Dandasana, seated baddha konasana

A: Gluteus muscles & piriformis



SAVASANA

PENTACLE

H: At the end of class, minimum of 10 minutes; to transition - 30 seconds - 1 minute

C: Low back, knees

PM: Bolster under knees, reclined pyramid, fetal

M: Spleen: Earth element: The pentacle a symbol for the earth element

T: Dandasana, seated baddha konasana A: Gluteus muscles & piriformis



SUPTA BADDHA KONASANA

RECLINED BUTTERFLY (SUPPORTED) / DIAMOND

H: 2 - 5 minutes

C: Sciatica, pelvic tucking, back issues, whiplash, reverse curvature

PM: Blocks under knees/thighs, elevate hips to receive sciatic, spine straight, neck neutral, head on top of spine or propped with a pillow or soft block or blanket

M: Gallbladder, urinary bladder, with feet close to pelvis - kidney and liver

T: All fours, dowlndog, sukasana, dandasana

A: Inner thighs, low back

FOR DIAMOND, FEET ARE AWAY FROM PELVIS *



HALF PIGEON

SWAN / SLEEPING SWAN

H: Swan = a yang posture which can be held up to 3 minutes, then transition to sleeping swan = for 1 - 3 minutes

C: knees, hips

PM: bolster under pelvis, prop up low hip with a block, bend back knee to nearly 90 degrees, and scoop tailbone toward the sky

M: Liver, kidney, spleen, stomach, urinary bladder, heart and lung if arms are forward and chest stretch is present

T: Easy pose, down dog, child's pose

A: Hips, shoulders, chest



SHOE LACE

SEATED OR SUPINE

H: 2 - 5 minutes

C: Tucked pelvis, knees, sciatica

PM: Raise hips by sitting on a cushion so the knees are below them * watch for hips rotating backward while seated i.e. pelvic tucking - you want sit bones to face the floor, if you have any lower back disorders which do not allow flexion of the spine, keep back as straight, this posture can also be performed supine

M: Liver, Kidney, urinary bladder and stomach if folding forward

T: Easy pose, down dog, child's pose

A: Hips



SPHINX

+ NECK STRETCH

H: 2 - 5 minutes

C: Spine issues, back tightness - especially low back * sharp pains or headache come out, this could increase pressure on head PM: Bolster under chest, forehead to block

M: Urinary bladder, kidney, spleen, stomach

T: Advasana / belly savasana

A: Low back, shoulders, arms



SUPINE TWIST

CAT PULLING IT'S TAIL

H: 1 to 5 minutes

C: Shoulder issues (such as rotator cuff injuries), tingling in the hands when you arms overhead

PM: Raise your arm to rest beside the ear or support it with a bolster, if this does not help, please hand on belly, prop twisting leg on bolster or block, OR use bolster to add weight to leg to bring toward floor

M: with activation of top leg thigh - stomach and spleen, urinary bladder and kidney, liver, with arm stretched out and overhead heart and lung

T: Savasana, hug knees in

A: Spine, hip, chest, shoulder, bottom thigh if binding



MONKEY

SPLITS

H: 2 - 5 minutes

C: Pulled inner thigh muscles, overly tucked pelvis

PM: Bolster under pelvis, hands to blocks, even bring forehead to block or bolster if you are rounding forward

M: Stomach, spleen, liver, gallbladder, and kidneys

T: Advasana / Child's pose / lizard

A: Hamstrings, quadriceps, groin



WIDE LEGGED FORWARD FOLD

DRAGON FLY / STRADDLE

H: 2 - 5 minutes

C: Sciatica, lower back disorders which do not allow flexion of the spine, tight hamstrings, knees

PM: Prop knees, keep spine in natural curves if back pain / issues are present,

M: kidney, liver, spleen

T: Dandasana, supta buddha konasana

A: Entire back body if rounding, hamstrings if sitting straight



WIDE ONE LEG FORWARD FOLD

HALF SEATED BUTTERFLY

H: 2 - 5 minutes, with variations after

C: Sciatica, pelvic tuck, low back, whiplash, reverse curvature, knee pain,

PM: Healthy locked knee, bring legs closer together, support under knee / thigh, elevate hips, keep spine straight, go for a side bend (variation after long hold)

M: Urinary bladder, liver and kidneys, spleen, stomach

T: Dandasana, seated buddha konasana

A: Back body with rounding spine, hamstring with engaged back



WIDE WIPERS

H: 1 - 3 minutes

C: Sciatica, low back, knees

PM: Use a block or bolster under your knees

M: Kidney, liver, spleen, with arms overhead heart and lung

T: Reclined pyramid pose

A: Gluteus muscles, lumbar spine, shoulders if arms overhead



WIND REMOVING POSE

H: 2 - 4 minutes

C: Sciatica, low back, knees

PM: A bolster under extended knee, a wall if unable to grasp leg

M: Spleen, kidney

T: Savasana

A: Hip flexors

