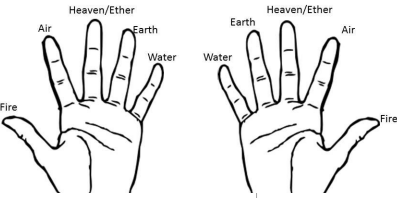
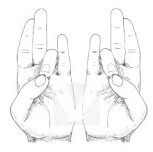


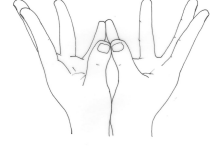
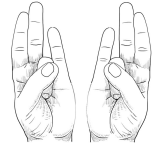


YIN ASANA CHART

	Traditional Name	Yin Name	Spleen / Stomach	Lung / Large Intestine	Kidney / Urinary Bladder	Liver / Galbladder	Heart / Small Intestine
	Element	–	Earth	Metal	Water	Wood	Fire
	Highest Expression	–	Empathy	Reverence (deep respect)	Wisdom	Compassion	Love
	Negative Expression	–	Worry / Anxiety	Sadness / Depression	Fear / Stress	Anger / Rage	Hate / Impatience
	Positive Expression	–	Openness / Fairness	Courage	Gentleness	Kindness / Generosity	Joy / Love
	Mantras "I AM"		stable, wise, trustworthy, kind, understanding, capable, peaceful	loyal, determined, responsible, fair, intuitive	courageous, intelligent, a visionary, an idea generator, ability to flow with any situation.	resilient, flexible, resourceful, independent, kind, loyal, generous	creative, generous, expressive, optimistic, confident, friendly, energetic, committed, loyal, considerate, intelligent, loving, charismatic, able to fully appreciate and enjoy life
	Mudra		Prithvi	Gyan	Varun	Lotus	Agni
							
1	Ankle Stretch - Second Stage of Toe Squat		x			x	
2	Baddha Konasana (supta, seated, half)	Butterfly or Diamond	x		x	x	
3	Bananasana	Lazy Man		x		x	x
4	Bridge		x	x	x		x
5	Broken Wing	Open Wing	x	x			x
6	Child's Pose		x	x	x		x
7	Deer		x		x	x	
8	Double Pigeon	Square			x	x	
9	Frog		x	x	x	x	x
10	Happy Baby (half)	Stirrup	x		x	x	
11	Heart Bed			x			x
12	Intense Foot Stretch	Toe Squat	x		x	x	
13	Lizard / Low Lunge	Dragon (twist)	x		x	x	
14	Neck Stretch		x	x	x	x	x
15	Puppy	Melting Heart / Anahatasana	x	x	x		x
16	Rabbit		x	x	x		x
17	Reclined Meditation	Heart Bed		x	x	x	x
18	Reclined Hero	Saddle	x	x	x		x
19	Relaxed Forward Fold	Caterpillar			x		

	Traditional Name	Yin Name	Spleen / Stomach	Lung / Large Intestine	Kidney / Urinary Bladder	Liver / Galbladder	Heart / Small Intestine
20	Rock the Baby				x	x	
21	Savasana	Pentacle; arms and legs wide	x				
22	Seated & Full Half Pigeon	Swan & Sleeping Swan	x	x	x	x	x
23	Shoelace				x	x	
24	Sphinx		x		x		
25	Supine Twist	Cat pulling it's tail, Twisted roots	x	x	x	x	x
26	Splits	Monkey	x		x	x	
27	Wide Legged Forward Fold	Straddle or Dragonfly	x		x	x	
28	Wide single seated leg stretch	Half Butterfly	x		x	x	
29	Wide Wipers		x	x	x	x	x
30	Wind Removing Pose		x		x		