

Take Home Flow 8-1-09

Yin Yoga

Yin yoga is a form of yoga that takes a long, slow time in poses. All the poses are done on the floor for 3-5 minutes or more. Staying longer is believed to stimulate the meridians/nadis (energy channels) in the body in a different way and works deeper into the release of muscles and connective tissues. Yin yoga has been made popular by Paul Grilley, who I was lucky enough to learn it from in person. Try this slow approach to release for a change of pace. If you find it difficult to stay present for such a long time, you are not alone. Try creating a mantra to repeat with each breath to give you a focus. These long deep holds can be a little challenging. Stay present, breathe deeply and allow your body to release into the pose little by little.

Come to your center

Sit comfortably. Begin with a few moments to listen to your breath, becoming quietly centered. As you connect with your breath, begin to let your arms flow up and down with each wave of breath. *I am ready for a deep release.*

Awaken your body

For a few breaths, play with a few poses to awaken your body and your connection to your movement. Release the neck, open the spine with cat/cow flows, stretch into downward facing dog, release into a standing forward bend. When you are ready, make your way to seated for your flow.

Flow

1. In Yin yoga, this pose is called Melting Heart. It is like extended child's pose with the hips in the air, or like down dog with knees on the ground. It is an opening for the shoulders and back, and stimulates the Urinary Bladder meridian as well as the Heart and Lung lines. Stay here for 3-5 minutes, breathing slowly and relaxing.
2. This pose in yin is called the butterfly. Notice in the photo that the feet are away from the body, not close. This pose affects the Gall Bladder and Urinary Bladder meridians.
3. The yin name for this pose is half butterfly. This will be done on each side. Also for the Urinary Bladder meridian. The liver and kidneys are also stimulated.
4. This lying twist stimulates many of the meridians and organs – Urinary Bladder, Heart, Lungs, and Small Intestines. Do this twist to each side, not flowing, but holding for the 3-5 minutes each way.

Receive

Close your practice with a few moments in final relaxation, receiving the benefits of this deeply releasing flow.

I surrender completely. namaste



2.



3.



4.



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