






Evening Yin Yoga Sequence | 40 minutes

Manuela Angelika

• 45 mins • ALL LEVELS



- open.spotify.com/playlist/1TX7iwt4mVdzMq17B9Gh5w?si=uV8mIXjYQR-_52ZcJaJNyg

<p>3m</p>  <p>1. Reclining Bound Angle Pose • Supta Baddha Konasana</p>	<p>10B</p>  <p>2. Wind Release Pose Knees Apart • Pawanmuktasana Knees Apart</p>	<p>3m</p>  <p>3. Supine Spinal Twist Pose II • Supta Matsyendrasana II</p>
<p>3m</p>  <p>4. Supine Spinal Twist Pose II • Supta Matsyendrasana II</p>	<p>10B</p>  <p>5. Easy Pose • Sukhasana</p>	<p>Set Intention</p> <p>6. Set Intention Section</p>

5B



7. Table Top Pose •
Bharmanasana



8. Downward Facing Dog Pose
Table Top Pose Flow • Adho
Mukha Svanasana Bharmanasana
Vinyasa

10B



9. Shoelace Pose •
Gomukhasana shoelace

3m



10. Half Cow Face Pose
Variation Forward Bend • Ardha
Gomukhasana Variation Forward
Bend

10B



11. Shoelace Pose •
Gomukhasana shoelace

3m



12. Half Cow Face Pose
Variation Forward Bend • Ardha
Gomukhasana Variation Forward
Bend

3m



13. Sphinx Pose With Bolster
Under Chest • Bhujangasana With
Bolster Under Chest

3m



14. Child Pose • Balasana

3m



15. Seated Forward Bend Pose
Variation Blanket Hips Head
Bolsters • Paschimottanasana
Variation Blanket Hips Sirsa
Bolsters

3m



16. Supported Half Frog Pose •
Supported Ardha Bhekasana

3m



17. Supported Half Frog Pose •
Supported Ardha Bhekasana

3m



18. Supported Bridge Pose
Extended Legs Bolster •
Salamba Setubandha
Sarvangasana Uttana Pada
Bolster

5m



19. Corpse Pose • Savasana