

Yoga Class Map

Yin Yoga Sequence for Trauma Release:

Begin by setting the intention for the day and focusing on the breath as the guide throughout this practice.

1. Child's Pose (Balasana):

Begin by kneeling on your mat with your big toes touching and knees wide apart. Lower your torso down between your thighs and extend your arms forward or alongside your body.

Rest your forehead on the mat or a block.

Hold for 3-5 minutes, focusing on deep, calming breaths.

2. Sphinx Pose:

Lie on your stomach and prop yourself up on your forearms, elbows directly under your shoulders.

Relax your shoulders away from your ears and lengthen through the crown of your head.

Hold for 3-5 minutes, feeling a gentle stretch in your lower back and abdomen.

3. Melting Heart Pose (Anahatasana):

From Sphinx Pose, slide your hands forward and lower your chest towards the mat, keeping your hips lifted.

Rest your forehead or chin on the mat.

Allow your heart to melt towards the earth, opening the chest and shoulders.

Hold for 3-5 minutes, focusing on releasing tension in the chest and upper back.

4. Supported Fish Pose:

Place a bolster or rolled-up blanket horizontally on your mat.

Sit in front of the bolster with your knees bent and feet flat on the floor.

Lower your back onto the bolster, allowing it to support your spine.

Extend your arms out to the sides or rest them on your belly.

Hold for 5-7 minutes, allowing the heart to open and the breath to deepen.

5. Butterfly Pose (Baddha Konasana) with Forward Fold:

Sit on your mat with the soles of your feet together and knees bent out to the sides.

Fold forward from your hips, letting your torso drape over your legs.

Relax your head and neck.

Hold for 3-5 minutes, feeling a gentle stretch in the hips and inner thighs.

6. Supported Reclining Twist:

Lie on your back with your knees bent and feet flat on the floor.

Shift your hips slightly to the right and drop your knees to the left.

Place a bolster or folded blanket under your knees for support.

Extend your arms out to the sides in a T position, palms facing up.

Hold for 3-5 minutes, then switch sides.

7. Legs-Up-the-Wall Pose (Viparita Karani):

Sit with one hip against a wall and swing your legs up the wall as you lie back.

Keep your arms by your sides or rest them on your belly.

Close your eyes and focus on your breath.

Hold for 5-10 minutes, allowing gravity to gently release tension in the legs and lower back.

8. Corpse Pose (Savasana):

Lie flat on your back with your arms by your sides, palms facing up.

Close your eyes and allow your body to completely relax into the mat.

Release any remaining tension with each exhale.

Remain in Savasana for 5-10 minutes, integrating the benefits of your practice.

Throughout this Yin yoga sequence, focus on breathing deeply and mindfully, allowing each posture to gently release tension and create space for healing. Listen to your body and modify the poses as needed to ensure comfort and safety. Remember that trauma release can be a gradual process, so be gentle and patient with yourself as you move through the practice.