



Yin Yoga

With Paula Mitten & Jennilee Toner

ASANA PRACTICE

Bernie Clark Wall Practice

Wall Yin Yoga

Legs up wall

Butterfly up wall

Wall Squat

Wall Straddle

Wall figure 4 in 3 stages

Wall Reclining twist

Wall Arch (shoulderstand)

Wall Snail

Wall Sphinx/Seal

Seated wall twist

Tension V Compression

How do we know when we are meeting tensile restrictions or compression?

- Tensile restriction is something that you can work through i.e. Muscle/Fascia/Connective Tissue
- Compression is when 2 body parts come into contact and it is not possible to go any further
- Sometimes you can tell by the feeling or sensation in a pose
- Sometimes you will find out over time with consistent practice
- In certain areas of the body it is obvious that the body is meeting compression restriction

All bodies are different

The shape of your bones or the structure of your joints will determine whether or not you will ever get into certain poses

Variations in the Hip Socket



Left hip socket of two pelvises.
The socket of the left specimen is pointed forward and down.
The socket of the right specimen pointed sideways and nearly horizontal.

Variations in the Scapula

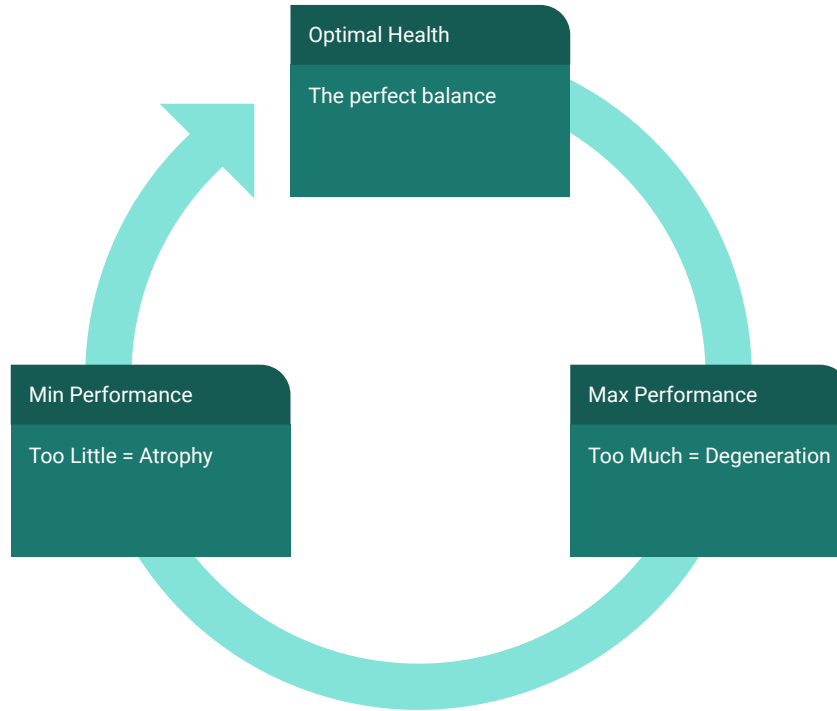


Two right scapula. Left specimen could easily clasp hands behind the back. The acromion of the right specimen would block this movement.

Variations in the Lumbar Vertebrae



Lumbar vertebrae. The gaps between spinous processes are different, so their back bending extensions would be different.



Does it serve our bodies to do certain poses? Or will it limit the length of our practice and our comfort in everyday life?

We Can Have TOO MUCH Flexibility

Just because something is possible doesn't mean we should do it!

If you are stiff you have to ask the question "What Stops Me?" Is it Tension or Compression?

