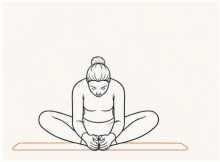
Yin Yoga for Rauhnächte

THE TWELVE NIGHTS

A quiet 20-minute practice for soft winter evenings



BUTTERFLY

Bound Angle Pose

Knees soften outwards.

2 min

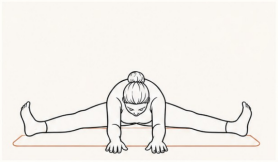


HALF DRAGONFLY

Half Dragonfly

Lengthen, then soften forwards.

2 min each side



DRAGONFLY

Wide-Legged Forward Fold

Release the inner legs and spine.

2 min



SPHINX

Sphinx Pose

Soften through the front body.

2 min

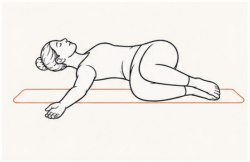


THREAD THE NEEDLE

Thread the Needle

Rest cheek and shoulder.

2 min each side



RECLINED TWIST

Supine Twist

Breathe into the waist.

2 min each side

MOVE SLOWLY · BREATHE DEEPLY · REST WHEN YOU NEED TO