

# Yin Yoga for Immunity

## (focus on the lymphatic system)

The names of the posture are in **bold**, the names of the rebound positions or movements are in *italics*. Hold times are suggestions only so please feel free to adjust depending on the time available and how your body is feeling. If you extend the hold times, remember to also extend the rebound.

**Meditation:** Choose a comfortable seated position of your choice. Take a few minutes to breathe normally, take stock of where your body and mind are, and set an intention for the practice. Take 3 big breath cycles, inhaling through the nose and exhaling through the mouth

**Butterfly** (3-5 minutes): Sit down on your mat. Bring the soles of your feet together and let your knees go down to the sides – you should feel it in the inner thighs and/or groin area. Make shoulder rolls in both directions

(Tips: use blocks/cushions under the knees or thighs if they do not come down to the ground)

**Supported fish** (3-5 minutes): Lie down on your back with support under your mid-back, between the shoulder blades – you should feel an extension and opening in the chest area. Let your head come down on the mat and focus on the breath.

*Cat-cow movements (1-2 minutes)*

**Toe squat** (2 minutes – may be repeated 2-3 times): Sit on your heels with knees down on the mat, making sure that all 5 toes are on the mat as well.

(Tips: if sitting straight is too intense, fold forward slightly and place your hands down on the mat in front of you)

*Downward facing dog, walking the dog*

You can do a second round if time allows

**Dangling** (3-5 minutes): Standing up with feet hip-width apart, fold forward hinging at the hips. Let your head and arms feel heavy and relax the neck.

(Tips: use a block to lift the floor if your hands do not come down to the mat; do not lock the knees and keep a gentle fold in the knees if folding with straight legs is too intense)

**Squat** (3-5 minutes): From Dangling, go down into a yogi squat position. Keep a straight back and open chest as much as possible

(Tips: use a blanket or fold the mat under your feet if your heels do not come down to the ground)

You can do a second cycle of Dangling and Squat together if time allows

**Legs up the wall with support** (5 minutes): Lie on your back with your hips close to a wall. Use a block to lift your hips from the mat, and place your legs straight, up against the wall

**Savasana** (5 minutes): Lie down on your back and relax to close the practice