

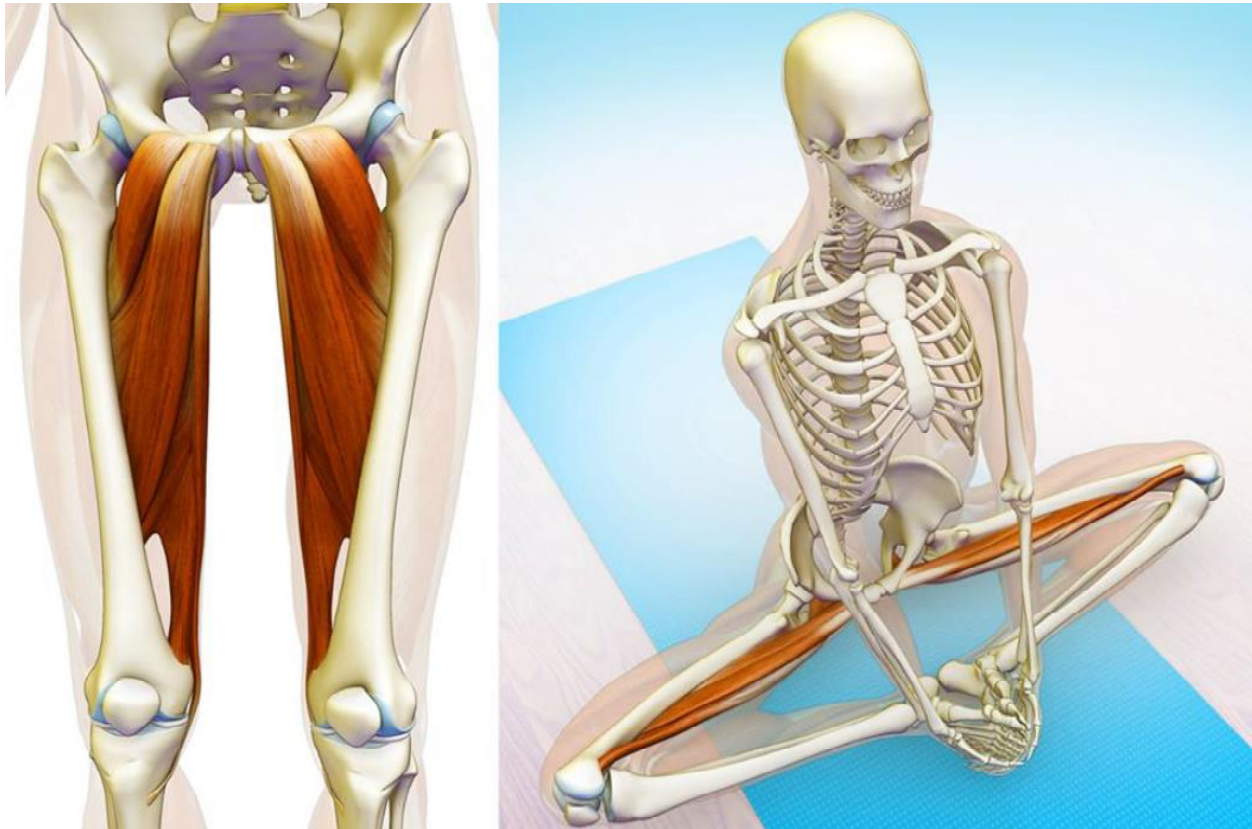
Yin Yoga with Jamie Lee

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.

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Baddha Konasana (Butterfly)

Baddha = Bound | Kona = Angle
“Bound Angle Position”



Stimulates: abdominal organs like the ovaries, prostate gland, bladder, kidneys, plus the heart and improves general circulation.

Stretches: the inner thighs, groins, particularly the adductor group of adductor longus, brevis and magus.

Relieves: symptoms of stress, mild depression, anxiety, fatigue. Soothes sciatica. Therapeutic for flat feet, high blood pressure, infertility, asthma

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Paschimottanasana (Caterpillar)

Paschimo = Western | Uttana = Intense Stretch
 “Western Intense Stretch Posture”



Stimulates: Liver, kidney, ovaries & uterus. Improves digestion by compressing the stomach organ and massages the heart.

Stretches: the lower spine, hamstrings, calf muscles, nerves along the spine

Relieves: Soothes headaches, anxiety, fatigue. Therapeutic for high blood pressure & insomnia.

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Janu Sirsasana A

Janu = Knee | Sirsa = Head | “Head to Knee Posture”

Alternates: Half Butterfly, Parighasana



Stimulates: Liver, kidney, bladder. Improves digestion by compressing the stomach.

Stretches: the lower spine, hamstrings, calf muscles, nerves along the spine

Relieves: Soothes headaches, anxiety, fatigue. Therapeutic for high blood pressure & insomnia.

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Upavishta Konasana (Straddle or Dragonfly)

Upavishta = Seated | Kona = Angle

Alternates: Kurmasana



Stimulates: Liver, kidney, ovaries and abdominal organs.

Stretches: groins, lower spine, hip, hamstrings, calf muscles, nerves along the spine

Relieves: Soothes headaches, anxiety, fatigue. Calms the brain.

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Supta Padangusthasana

Supta = Sleeping | Pada = Foot | Angustha = Big Toe | "Sleeping Big Toe Posture"

Alternates: Happy Baby, Reclining Twist

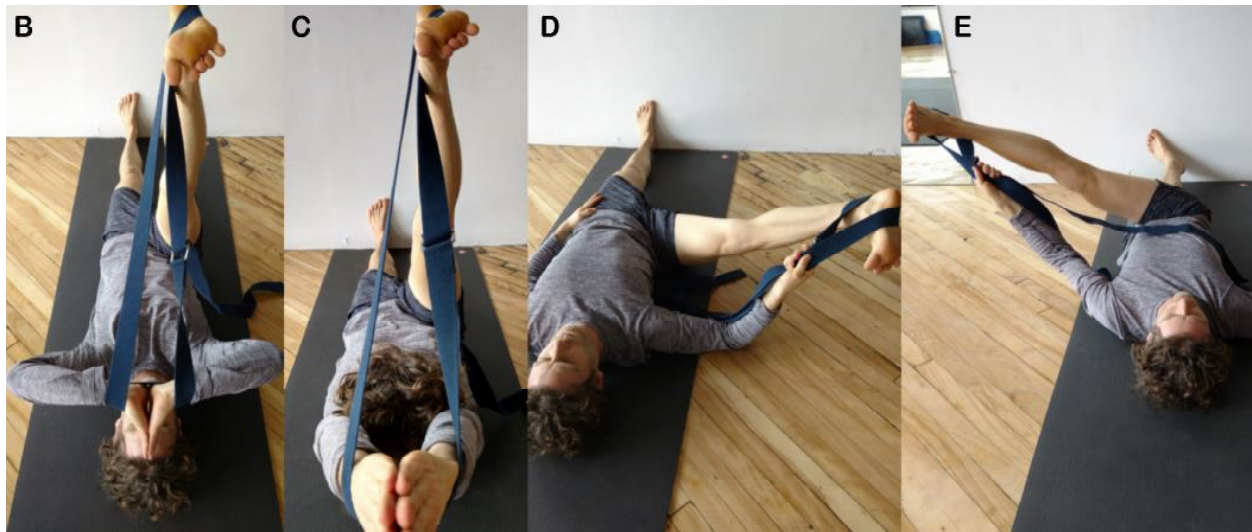


Stimulates: Prostate and abdominal organs.

Stretches: groins, hamstrings, hip flexor

Relieves: Improves digestion, relieves back ache, sciatica & menstrual discomfort. Therapeutic for high blood pressure, flat feet and infertility.

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Ardha Baddha Padma Paschimottanasana

ardhabaddha = half bound | padma = lotus | paschi = western facing | uttana = intense stretch
 “Half Bound Lotus Western Intense Stretch Posture”



Stimulates: the digestive and excretory systems

Stretches: groins, gluts, all outer hips muscles, external rotators

Relieves: helps to reduce excess fat in the body, insomnia and asthma

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Variations:

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Baddha Padmasana

Baddha = bound | Padma = lotus

“Bound Lotus Position”



Stimulates: liver, kidney, bladder

Stretches: groins, gluts, all outer hips muscles, external rotators

Relieves: relieves pain on the lower back, knees and ankles. It helps those suffering from insomnia and asthma in the upright position.

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Variations: Fire Logs (Square)[shown below], Shoelace

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Bharadvajasana (Deer)

Bharadvaja = a sage or rishi

“The Asana dedicated to the rishi Bharadvaja”



Stimulates: liver, kidney, bladder, digestion

Stretches: groins, gluts, all outer hips muscles, both internal & external rotators

Relieves: gas, improves digestion, symptoms of menopause, swelling in the legs, along with being therapeutic for high blood pressure and asthma

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Salamba Setu Bandhasana

Salamba = Supported | Setu = Bridge | Bandha | “Supported Bridge Pose”

Alternates: Sphinx & Seal



Stimulates: abdominal organs, lungs, thyroid, digestion

Stretches: the abdomen, lumbar & thoracic spine, chest, shoulders

Relieves: helps to drain fluid from legs, quiets the mind, promotes introspection, stress relieving. Reduces anxiety, fatigue, backache, headaches, insomnia. Helps with menopause, menstrual cramps. Therapeutic for asthma, high blood pressure, osteoporosis & sinusitis

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