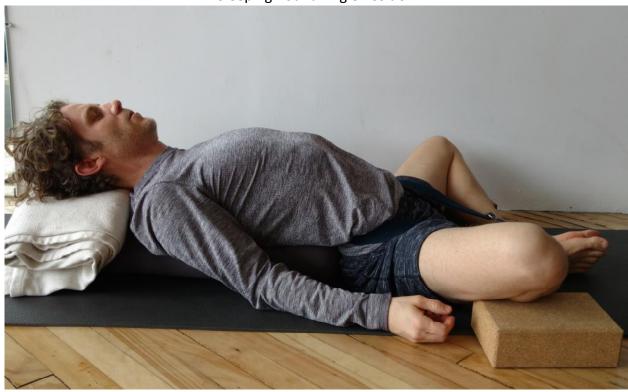


Yin Yoga with Jamie Lee

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Supta Baddha Konasana

Supta = Reclined or Sleeping | Baddha = Bound | Kona = Angle "Sleeping Bound Angle Position"



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

Stretches: the inner things, groins, particularily the adductor group

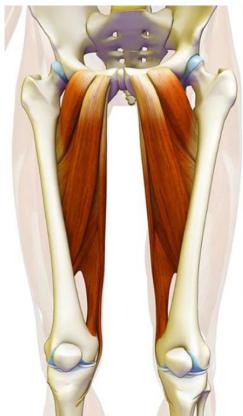
Relieves: symptoms of stress, mild depression, menstruation and menopause.

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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 things, groins, particularly the adductor group of adductor longus, brevis and magus.

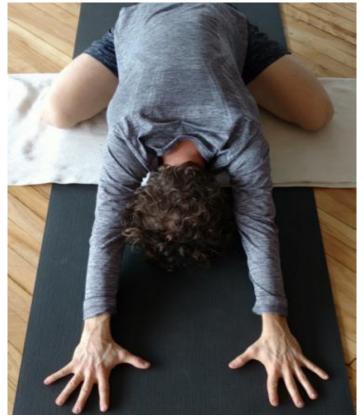
Relieves: symptoms of stress, mild depression, anxiety, fatigue. Soothes sciatica. Theraputic for flat feet, high blood pressure, infertility, asthma

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Balasana (with wide knees) (Frog)

Bala = child | "childs pose"

Alternates: regular childs pose, Anahatasana (Melting Heart), Wide Knees/Wide Toes



Stimulates: abdominal digestive organs, and kidneys.

Stretches: the inner things, groins, particularly the adductor group of adductor longus, brevis and magus. The outer hip, quadricep and ankle joint.

Relieves: symptoms of stress, fatigue, back and neck pin (with head and torso supported). Soothing to the brain. Aids digestion, relieves cramps – both menstrual & from eating.

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Uttanasana (Dangling)

Uttana = Intense Stretch
"Intense Stretch Pose"



Stimulates: abdominal digestive organs, liver & kidney. Warms the quaricep. Compresses stomach and internal organs providing a compression massage.

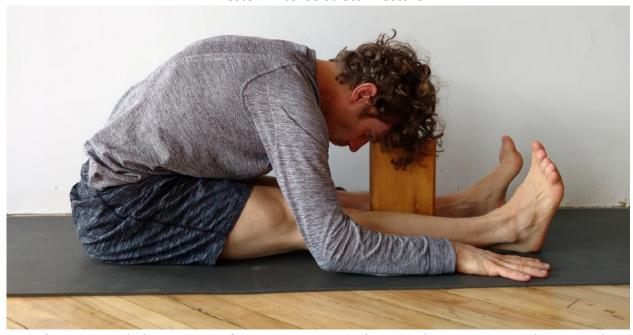
Stretches: the lower spine, hamstrings, calf muscles

Relieves: symptoms of stress, fatigue, lower back pain. Slows heart rate, relieves menstrual cramps.

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Paschimottanasana (Caterpillar)

Paschimo = Western | Uttana = Intense Stretch "Western Intense Stretch Posture"

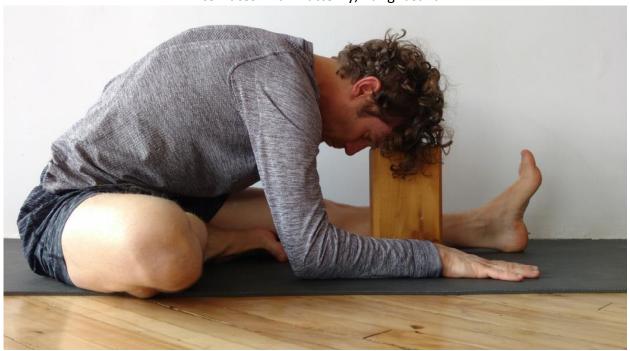


Stimulates: Liver, kidney, ovaries & uterus. Improves digestion by compressing the stomach organ and massages the heart.

Stretches: the lower spine, hamstrings, calf muscles, nerves along the spine Relieves: Soothes headaches, anxiety, fatigue. Theraputic for high blood pressure & insomnia.

Janu Sirsasana A

Janu = Knee | Sirsa = Head | "Head to Knee Posture" Alternates: Half Butterfly, Parighasana



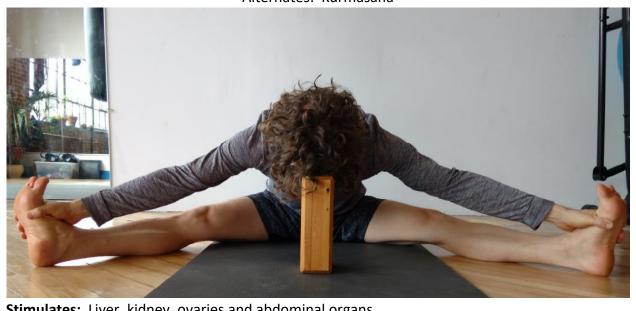
Stimulates: Liver, kidney, bladder. Improves digestion by compressing the stomach.

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

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

Upavishta Konasana (Straddle or Dragonfly)

Upavishta = Seated | Kona = Angle Alternates: Kurmasana



Stretches: groins	, kidney, ovaries a , lower spine, hip,	, hamstrings, o	calf muscles, i		ne spine
Relieves: Sootne	s headaches, anxi	ety, fatigue. (Laims the bra	ın.	
					
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Supta Padangusthasana

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

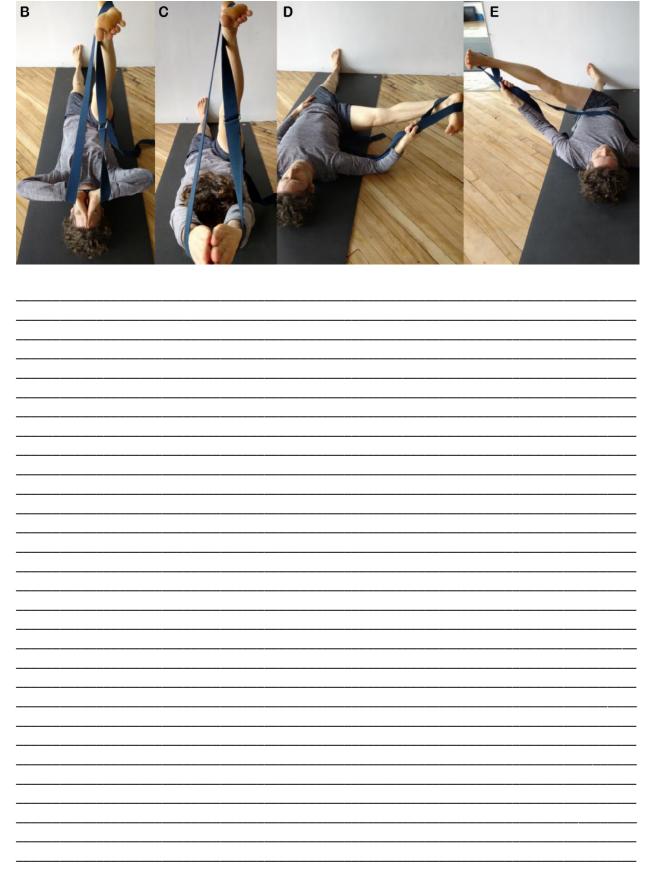
Alternates: Happy Baby, Reclining Twist



Stimulates: Prostate and abdominal organs. **Stretches:** groins, hamstrings, hip flexor

Relieves: Improves digestion, relieves back ache, sciatica & menstrual discomfort. Theraputic

for high blood pressure, flat feet and infertility.



Eka Pada Rajakapotasana (Swan)

eka = one | pada = leg or foot | raja = king | kapota = pigeon | asana = pose One-Legged King Pigeon Pose, forward bend variation "Sleeping Pigeon Pose"



Stimulates: abdominal organs, kidney

Stretches: groins, gluts, all outer hips muscles, hip flexor

Relieves: Piriformis, sciatic pain, lower back pain, helps with urinary track disorders. Calming to the brain when a block is used. Reduces stress and tension by helping to create a state of introspection.

Variations:



Anjaneyasana (Dragons)

Anjani = Hanumans mother



Stimulates: stomach, spleen, liver, gall bladder, kidneys, urinary track

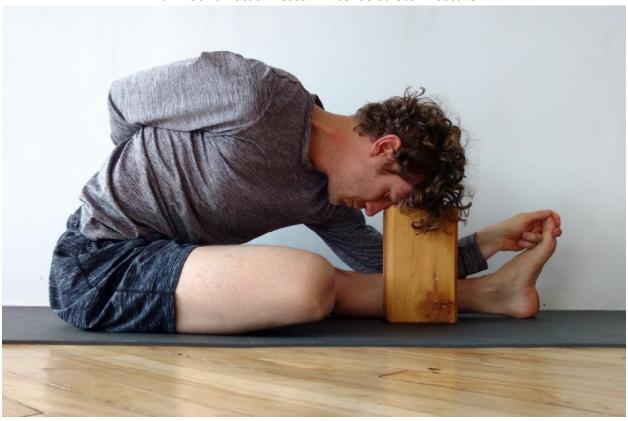
Stretches: groins, gluts, all outer hips muscles, deep inner hip, quadriceps, hip flexor

Relieves: Piriformis, sciatic pain, lower back pain.

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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 system	Stimulates:	the digestive and excretory s	systems
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Stretches: groins, gluts, all outer hips muscles, external rotators

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

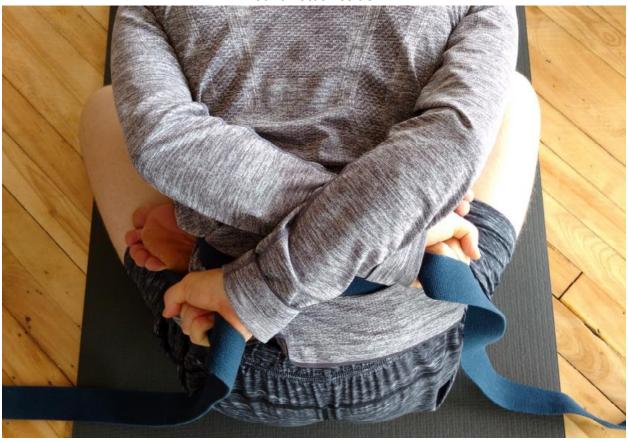
 		
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Variations:



Baddha Padmasana

Baddha = bound | Padma = lotus "Bound Lotus Position"

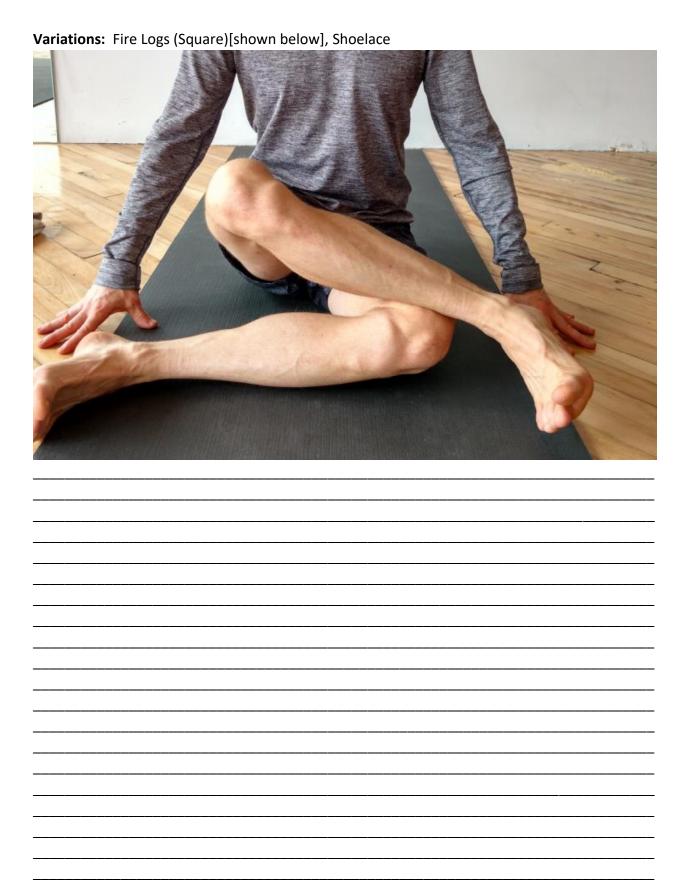


Stimulates: liver, kidney, bladder

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

 $\textbf{Relieves:} \ \ \text{relieves pain on the lower back, knees and ankles.} \ \ \text{It helps those suffering from}$

insomnia and asthma in the upright position.



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

Ardha Matsyendrasana

Ardha = half | matsya = fish | indra = king



Stimulates: tones the abdominal organs, improves digestion,

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

Relieves: back pain, menstrual pain, urinary tract infections.

Calming to the mind, strengthening the nervous system and alleviating stress.

Alternates Hips: Squat			

Heart Chest Opener

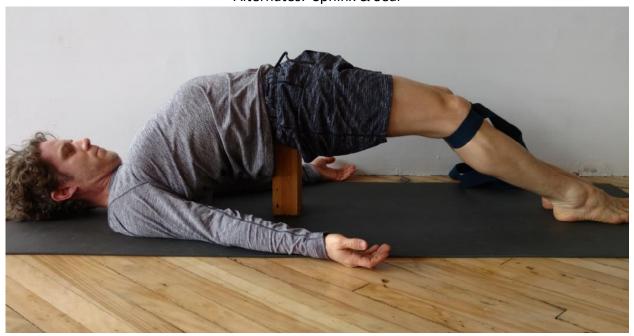


Stretches: the spine, the chest, ribs, throat, lungs **Relieves:** tension throughout the spine and neck.

Salamba Setu Bandhasana

Salamba = Supported | Setu = Bridge | Bandha | "Supported Bridge Pose"

Alternates: Sphinx & Seal



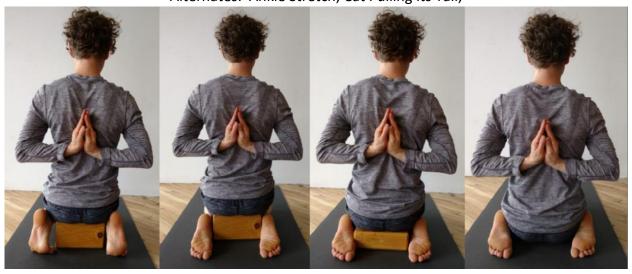
Stimulates: abdominal organs, lungs, thyroid, digestion

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, menstral cramps. Theraputic for asthma, high blood pressure, osteoporosis & sinusitis

Virasana

Vira = Hero | "Hero's Pose"
Alternates: Ankle Stretch, Cat Pulling Its Tail,



Stimulates: digestion, blood circulation

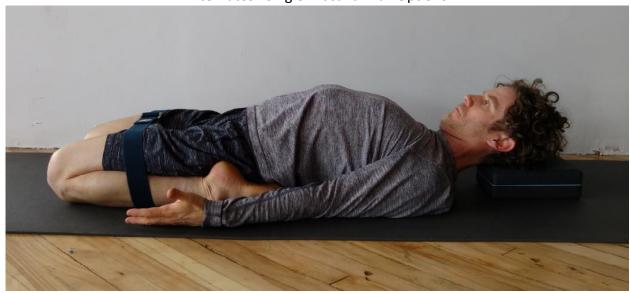
Stretches: feet, ankles, front or lower & upper leg

Relieves: constipation, stomach disorders, calming to the mind

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Supta Virasana (Saddle)

Supta = Sleeping | Vira = Hero | "Sleeping Hero's Pose" Alternates: Single Vrasana Wall Options



Stimulates: digestion, stomach, spleen, blood circulation, stimulates thyroid when head back **Stretches:** feet, ankles, front or lower & upper leg, abdomen, hip flexor, sacral-lumbar **Relieves:** tired legs. Therapeutic for: arthritis, asthma, diarrhea, digestive problems, flat feet, head cold, headache, high blood pressure, infertility, insomnia, intestinal gas and acidity, menstrual discomfort, respiratory ailments, sciatica, varicose veins.

Ustrasana

Ustra = Camel



Stimulates: digestion & elimination, stimulates thyroid when head back, nervous system **Stretches:** ankles, front or lower & upper leg, abdomen, hip flexor, sacral-lumbar **Relieves:** lower back pain, strengthens chest and shoulders, loosens vertebrae, rejuvenate or increases energy levels. Releases anxiety and stress. Allows deep rooted emotions to rise to the surface.

Vipirani Karani

"Legs Up The Wall Pose" Alternates: Halasana (Snail)



Stimulates: digestion, blood circulation

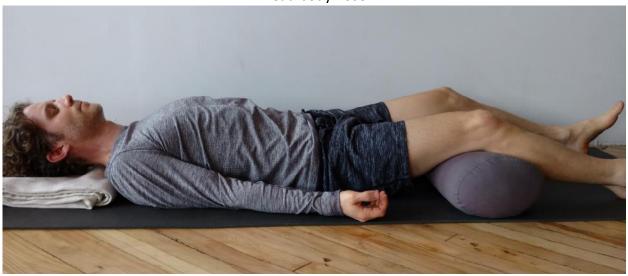
Stretches: feet, ankles, front or lower & upper leg, abdomen,

Relieves: anxiety, arthritis, digestive problems, headaches, migranes, high & low blood pressure, insomnia, depression, respiratory ailments, urinary disorders, varicose viens, menstral cramps, menopause, tired & cramped legs.

Avoid: glaucoma, retinal problems, heart conditiond, neck & back injuries, respiratory or sinus infections, indigestion, menstration, 2nd & 3rd trimester

Shavasana

Shava = dead body "Dead body Pose"



Stimulates: introspection, parasympathetic nervous system.

Stretches:

Relieves: Calms the brain, helps relieve stress & mild depression. Relaxes the nervous system, helps with headaches, fatigue, insomnia