

B E G I N N E R

yin yoga

COURSE



LEVEL TWO



A very warm welcome!

Welcome to Level Two of the Beginner Yin Yoga Course!

The entire course is structured to take you from a complete beginner who might never have even tried Yin before...to someone who can confidently practice Yin Yoga.

In Level Two, we are revisiting some poses we have learned in Level One, as well as learning some new ones to deepen our practice.

We are still building and strengthening those neural connections to create a powerful foundation for your practice, as well as developing our Yin skills.

There are no props required for this level, and our practices are still on the shorter side - although we will be moving through four poses in each class, so one more than what we have done in the previous level.

You can practice these sequences on your own, following the guidance in this booklet, or come join me on Youtube on the @joy-and-serenity channel for a guided class, which I highly recommend!

I wish you so much enjoyment as we move through this week!

With love,
Gaja aka thecelestialblonde

Small steps and consistency are what builds the strongest foundation.

LEVEL 2: DAY ONE

THE SEQUENCE

N O P R O P S

NECK STRETCH

2 + 2 MINUTES

MELTING HEART

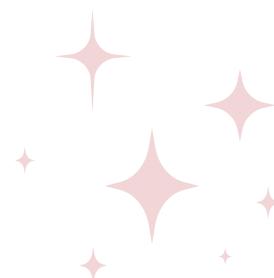
1 MINUTES

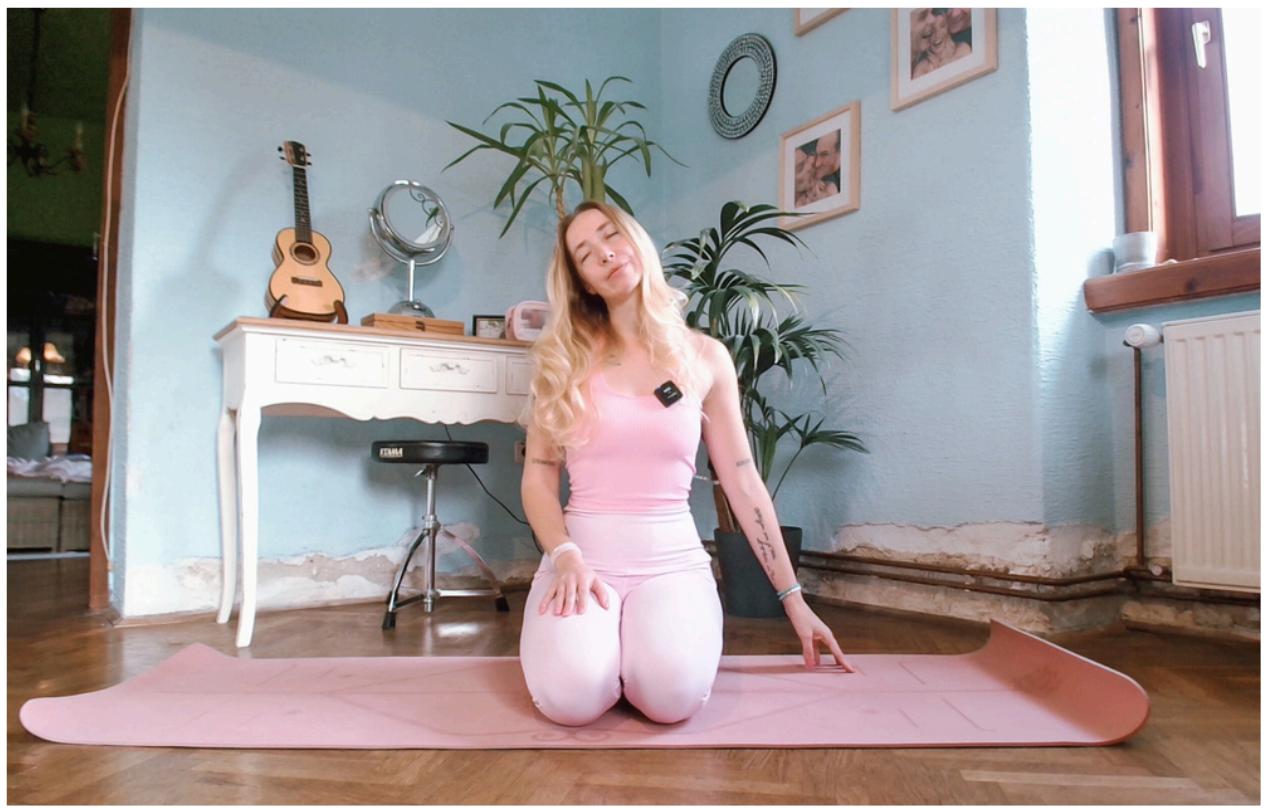
CHILD'S POSE

3 OR 4 MINUTES

SAVASANA

2 MINUTES





Neck stretch

- begin either in a seated or kneeling position with your spine straight
- lower right ear toward right shoulder
- make sure the shoulder is low and that you feel the stretch in the left side of the neck
- to intensify the stretch, you can extend your left arm out, keeping it either hovering in the air or with the fingertips on the mat
- hold for two minutes
- using your right hand, gently lift your head back to center
- repeat on the other side, again holding for two minutes





Melting heart

- begin on hands and knees in a tabletop position (the knees are under the hips, the wrists are under the shoulders)
- walk your hands out, lowering yourself until your forehead touches the mat
- keep your hips over your knees and stretch through the armpits to really lengthen the spine
- in case your forehead doesn't touch the mat, you can place a pillow (or books) to raise the ground, which will allow you to rest the forehead
- hold for one minute
- to reverse out of the pose, walk your hands back in, gently lifting yourself back into tabletop



Child's Pose

- begin in a tabletop position
- bring your big toes to touch as you send your hips back toward your heels
- you can widen the knees to the sides and walk your hands out until your forehead comes to rest on the mat or you can keep your legs together and fold over your thighs, bringing the arms out in front of you
- whichever variation you choose, keep in mind the intention of sending your hips back toward your heels; this will create that nice sensation of stretch through your back
- hold for four minutes
- to reverse out of the pose, walk your hands in toward you (or place palms beneath the shoulders) to gently roll yourself back up



Savasana

- begin lying down on your back with your legs extended long and widen them comfortably to claim some space; let the feet flop naturally
- bring your hands down by your body, creating and claiming even more space, the palms turned up so that they are facing the ceiling
- OPTION: if this feels uncomfortable for your lower back, you can bring your feet to the mat, the knees facing up; then widen your feet to the edges of the mat and allow your knees to fall in toward each other
- make sure that the back of your neck is long and that your chin isn't flying toward the ceiling
- settle into the pose, feeling the body heavy against the floor & the support of the floor pressing against the body
- rest in the pose for two minutes
- to come out of Savasana, begin to deepen your breath, then wiggle your fingers and toes; you can even do some "no" motions with your head, rolling your cheekbones from side to side
- then roll onto one side and remain in this fetal position for a few breaths before using your arms to push yourself up into a seat

LEVEL 2: DAY TWO

THE SEQUENCE

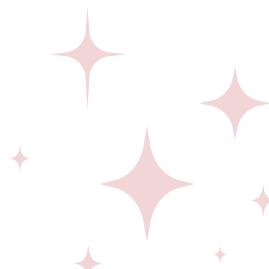
N O P R O P S

D E E P S Q U A T
2 M I N U T E S

D E E R W / B A C K W A R D L E A N
2 + 2 M I N U T E S

R E C L I N E D C H I L D ' S P O S E
3 M I N U T E S

S A V A S A N A
3 M I N U T E S





Deep Squat

- widen the feet to the edges of the mat with the toes facing out at a diagonal and lower yourself down (you can use your hands for support)
- if your heels are lifting, roll up the mat as thick as you need and then rest your heels on the folded mat
- keep your back long
- your hands can come in a prayer position in front of you or down on the mat in front of you for additional support
- hold for two minutes
- to come out of the pose, either place the hands on the mat in front of you and lift your hips up or, if you have good control over your body, just gently lower yourself down on your sit bones



Deer w/Backward Lean

- position your legs at a 90 degree angle with the right leg forward and left back:
 - the right thigh is parallel to the edge of your mat & the right shin is parallel to the top of your mat, the foot is flexed
 - the left thigh is parallel to the top of the mat and the left shin is in line with the edge of your mat, the foot is flexed
- the left hip will lift when you're in this position
- if this feels too much, you can bring the front foot in toward you, which will lessen the intensity
- walk your hands back at a diagonal, bringing the left hip down to the mat
- keep your spine long and hold the position for two minutes
- walk your hands in to reverse out of the pose and repeat on the other side



Reclined Child's Pose

- from a seated position, gently make your way onto your back
- bend your knees so that your feet are on the floor and your knees are facing the ceiling
- from here, bring your knees toward your chest one at a time; your tailbone will lift as you perform this movement
- then choose what version suits you best: you can wrap your arms around your legs, hugging them close to the chest, hold yourself by your shins, or hold the back/side of your thighs
- make sure that your shoulders are relaxed and your shoulder blades resting on the ground, and that the back of the neck is long and grounded
- if you find yourself lifting off the ground or having a backward bend in your neck, give yourself more space by the variation where you are holding yourself by the back/side of the thighs
- hold the position for three minutes
- slowly reverse out of the pose by bringing one foot to the mat at a time



Savasana

- begin lying down on your back with your legs extended long and widen them comfortably to claim some space; let the feet flop naturally
- bring your hands down by your body, creating and claiming even more space, the palms turned up so that they are facing the ceiling
- OPTION: if this feels uncomfortable for your lower back, you can bring your feet to the mat, the knees facing up; then widen your feet to the edges of the mat and allow your knees to fall in toward each other
- make sure that the back of your neck is long and that your chin isn't flying toward the ceiling
- settle into the pose, feeling the body heavy against the floor & the support of the floor pressing against the body
- rest in the pose for three minutes
- to come out of Savasana, begin to deepen your breath, then wiggle your fingers and toes; you can even do some "no" motions with your head, rolling your cheekbones from side to side
- then roll onto one side and remain in this fetal position for a few breaths before using your arms to push yourself up into a seat

LEVEL 2: DAY THREE

THE SEQUENCE

N O P R O P S

HALF BUTTERFLY

1 + 1 MINUTE

RECLINED BUTTERFLY

4 MINUTES

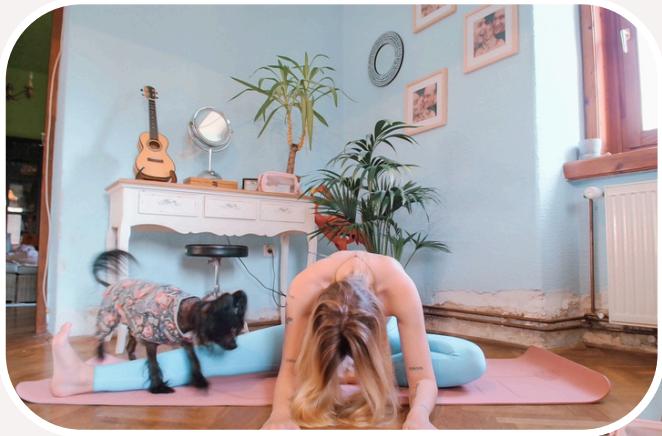
KNEE TO CHEST

1 + 1 MINUTE

SAVASANA

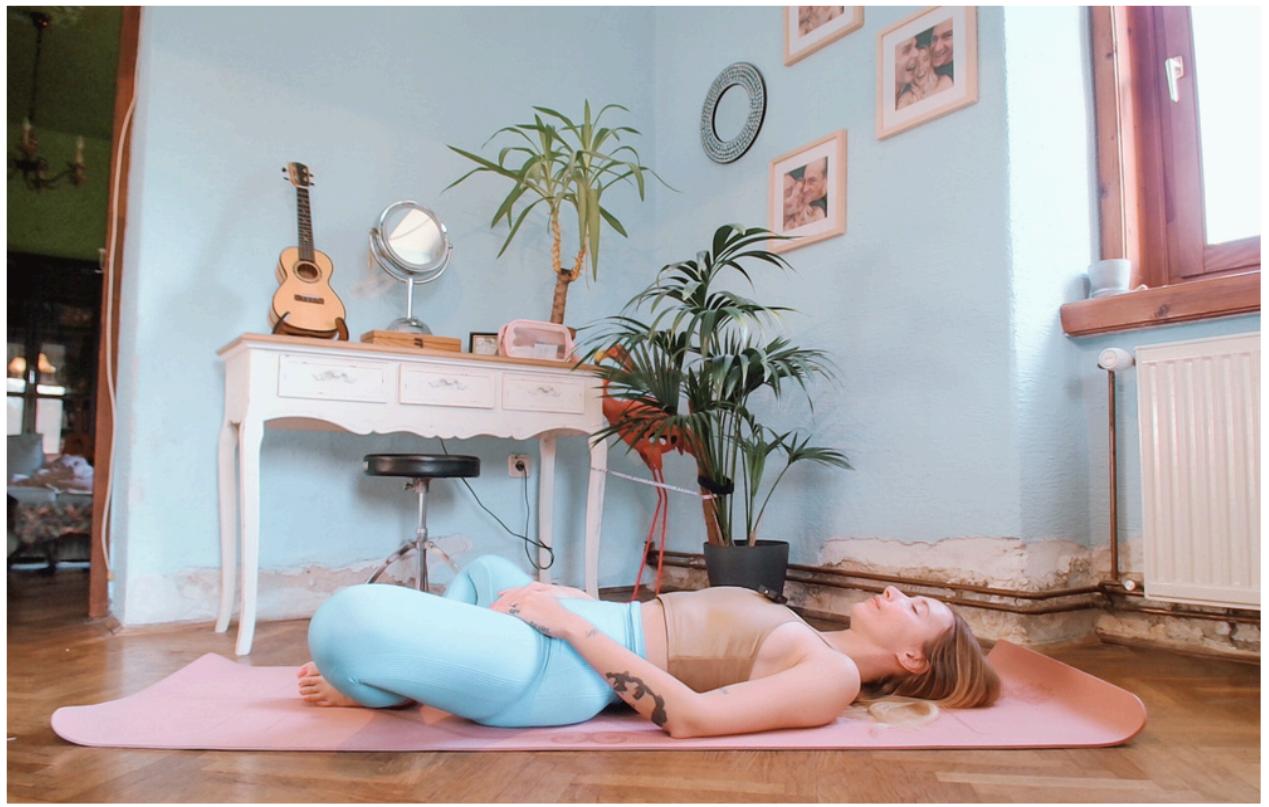
3 MINUTES





Half Butterfly

- begin in an easy seat and extend your left leg out to the side (it doesn't matter how far out it goes, just work with what's available to you)
- keep the intention of sending the right thigh down into the mat so that you are distributing the weight evenly on both sitting bones
- if your low back is rounding, roll the mat beneath you and sit on the edge; this will tilt your pelvis forward and allow your low back to be straight
- hinge forward from the hips, then allow your back to naturally round as you fold forward, walking your hands out in front of you
- it doesn't matter how far up or how low to the floor you are, just make sure that you are letting yourself passively curve and that your neck is relaxed
- hold for one minute
- to reverse out of the pose gently walk your hands back in, rolling up through the spine; the head is the last to lift
- bring your left leg back in and repeat on the other side



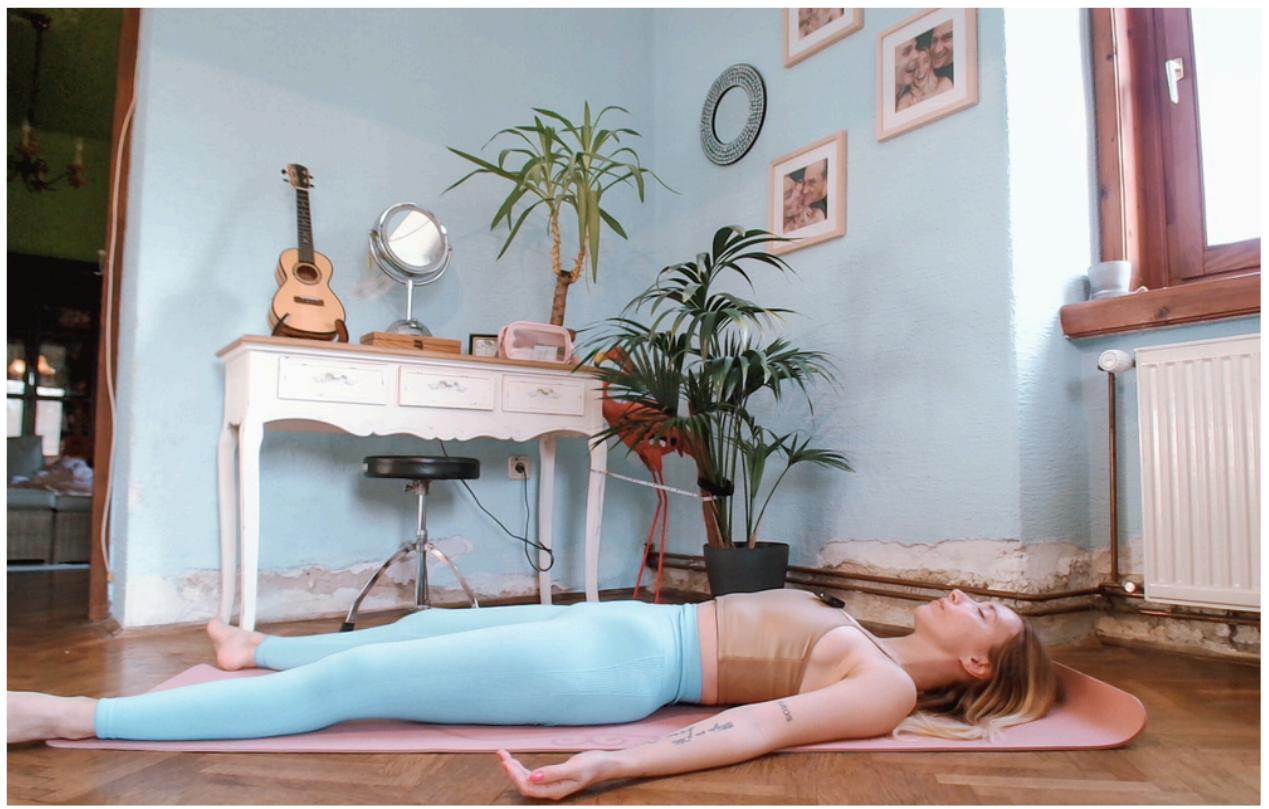
Reclined Butterfly

- lie down on your back and bend your knees so that your feet are planted on the ground and the knees facing the ceiling
- allow your knees to naturally fall to the side, the soles of your feet come together
- your spine and back of the neck is long
- you can keep your arms down by yours sides (palms facing up or down) or place them anywhere on your body that feels good
- hold for four minutes
- to reverse out of the pose, use your hands to support your thighs as you bring your knees back up to face the ceiling



Knee to Chest

- lie down on your back with your legs extended long, your feet are around hip distance apart
- bring the left leg in to your chest (the closer in you bring the leg, the more compression you'll feel in the left hip and stretch in the right hip flexor) and hold it with your hands on your shin
- if holding yourself by the shin isn't available to you, you can also hold yourself by the back of the thigh
- to intensify the stretch in your right hip flexor, flex the right foot
- keep your back long and planted against the mat
- hold for one minute
- release the left leg and repeat on the other side



Savasana

- begin lying down on your back with your legs extended long and widen them comfortably to claim some space; let the feet flop naturally
- bring your hands down by your body, creating and claiming even more space, the palms turned up so that they are facing the ceiling
- OPTION: if this feels uncomfortable for your lower back, you can bring your feet to the mat, the knees facing up; then widen your feet to the edges of the mat and allow your knees to fall in toward each other
- make sure that the back of your neck is long and that your chin isn't flying toward the ceiling
- settle into the pose, feeling the body heavy against the floor & the support of the floor pressing against the body
- rest in the pose for three minutes
- to come out of Savasana, begin to deepen your breath, then wiggle your fingers and toes; you can even do some "no" motions with your head, rolling your cheekbones from side to side
- then roll onto one side and remain in this fetal position for a few breaths before using your arms to push yourself up into a seat

LEVEL 2: DAY FOUR

THE SEQUENCE

N O P R O P S

NECK STRETCH

2 + 2 MINUTES

REVERSE PRAYER ARMS

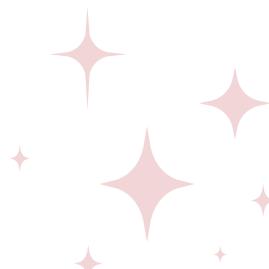
1 MINUTE

THREAD THE NEEDLE

1 + 1 MINUTE

SAVASANA

2 MINUTES

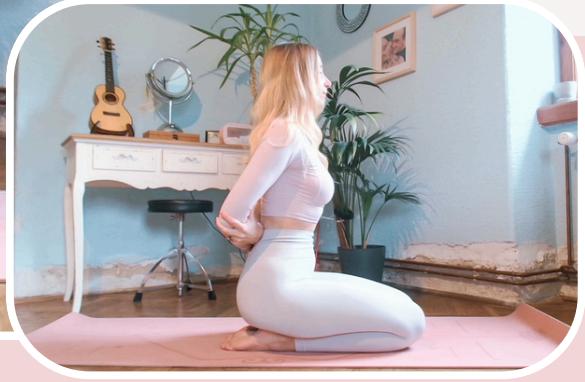




Neck stretch

- begin either in a seated or kneeling position with your spine straight
- lower left ear toward left shoulder
- make sure the shoulder is low and that you feel the stretch in the left side of the neck
- to intensify the stretch, you can extend your right arm out, keeping it either in the air or with the fingertips on the mat
- hold for two minutes
- using your left hand, lift your head back to center
- repeat on the other side, again holding for two minutes





Reverse Prayer Arms

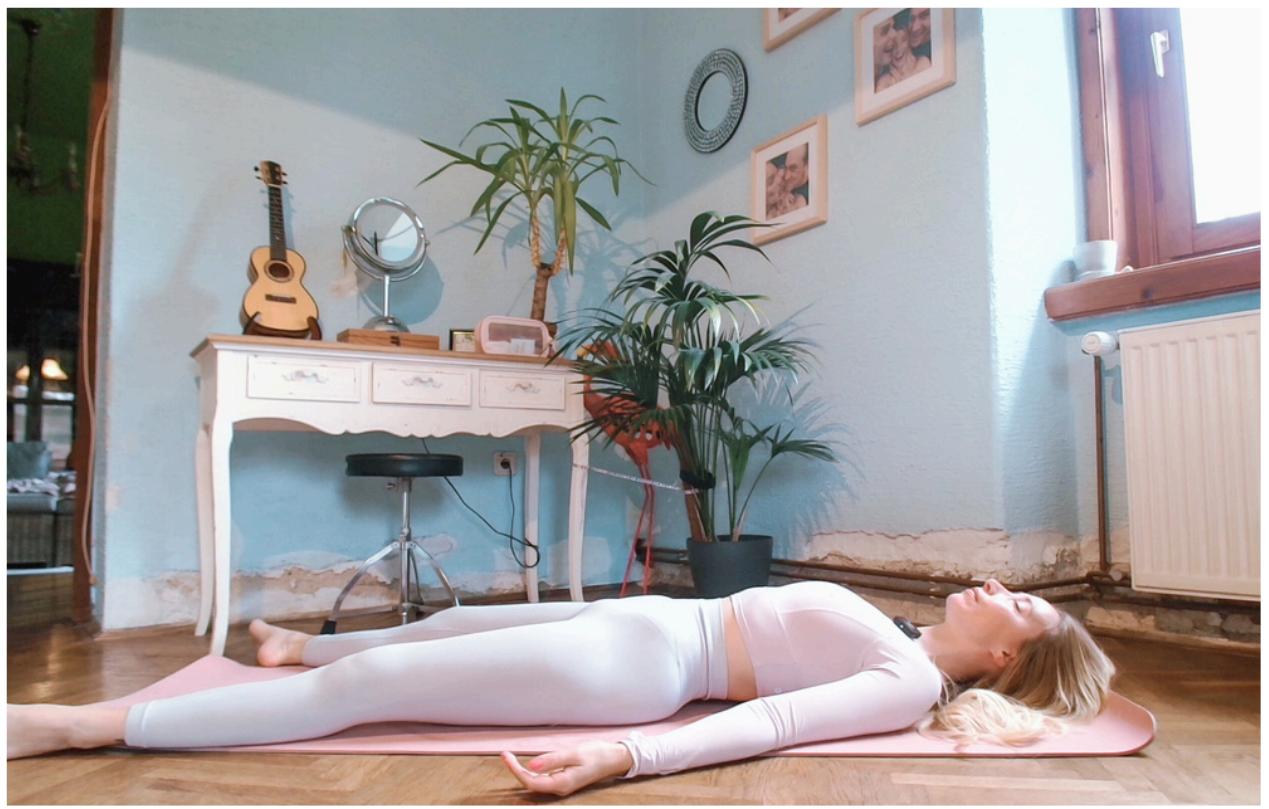
- begin in a seated or kneeling position with your back straight
- EASY VERSION: bring your arms behind you and clasp yourself by the elbows
- FULL EXPRESSION: bring your arms behind you in a prayer position, the elbows are wide and the palms are resting below/between the shoulder blades
- in whichever version you are, make sure that your ribs are not flaring out; pull those low ribs in so that your spine is straight and the stretch is happening through the shoulders
- hold for one minute
- to come out of the pose, gently release the arms





Thread the Needle

- begin in a tabletop position with your knees stacked under the hips and palms under the shoulders
- move the left arm slightly forward to create more room, then reach with your right arm underneath your body and out into the space (with the palm facing up) as you lower the right ear and side of the head to the mat
- the further out you reach, the more intense the stretch you will feel in this twist
- walk the left arm out in front of you
- keep your hips stacked over your knees
- hold for one minute
- to reverse out of the pose, bring the left arm in first, placing the palm underneath your shoulder to press up back into tabletop
- repeat on the other side



Savasana

- begin lying down on your back with your legs extended long and widen them comfortably to claim some space; let the feet flop naturally
- bring your hands down by your body, creating and claiming even more space, the palms turned up so that they are facing the ceiling
- OPTION: if this feels uncomfortable for your lower back, you can bring your feet to the mat, the knees facing up; then widen your feet to the edges of the mat and allow your knees to fall in toward each other
- make sure that the back of your neck is long and that your chin isn't flying toward the ceiling
- settle into the pose, feeling the body heavy against the floor & the support of the floor pressing against the body
- rest in the pose for two minutes
- to come out of Savasana, begin to deepen your breath, then wiggle your fingers and toes; you can even do some "no" motions with your head, rolling your cheekbones from side to side
- then roll onto one side and remain in this fetal position for a few breaths before using your arms to push yourself up into a seat

LEVEL 2: DAY FIVE

THE SEQUENCE

N O P R O P S

M E L T I N G H E A R T

2 M I N U T E S

S P H I N X

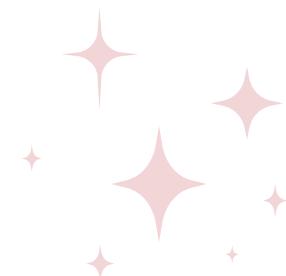
1 O R 2 M I N U T E S

C H I L D ' S P O S E

5 M I N U T E S

S A V A S A N A

3 M I N U T E S

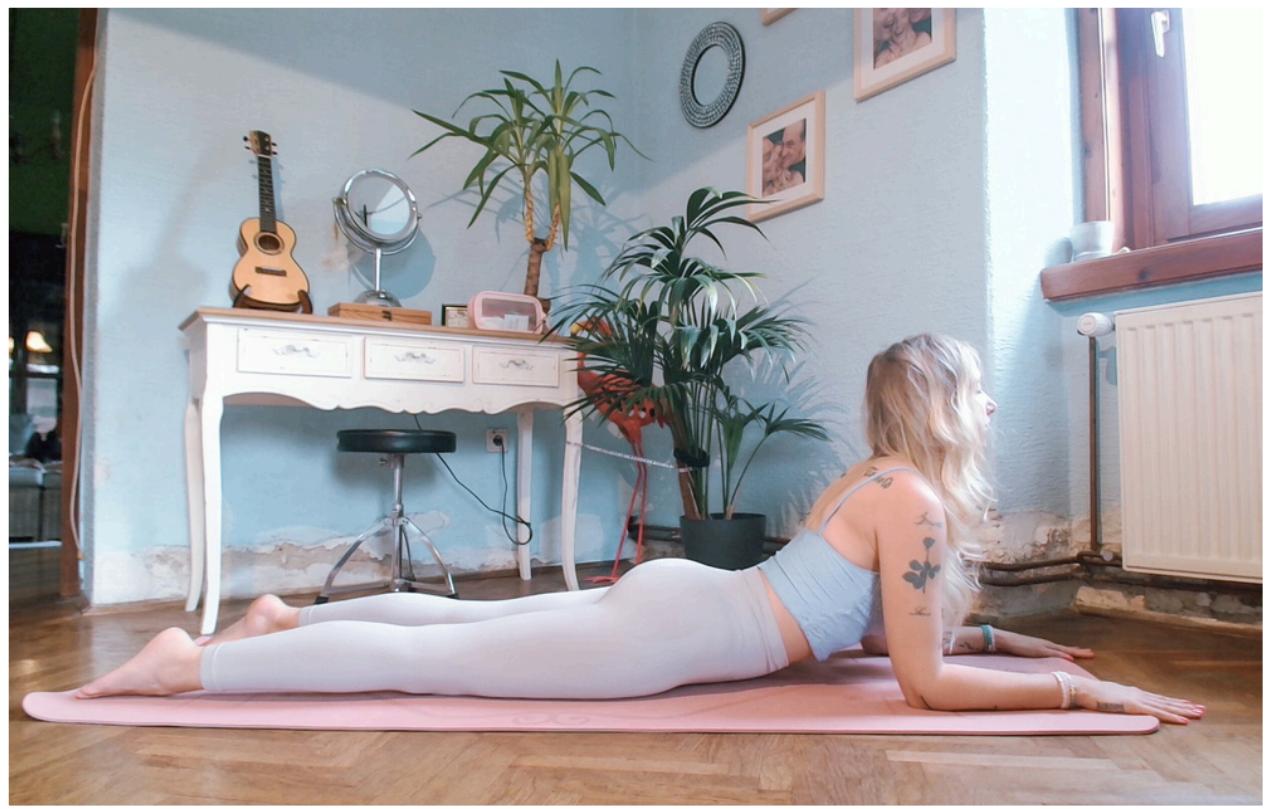




Melting heart

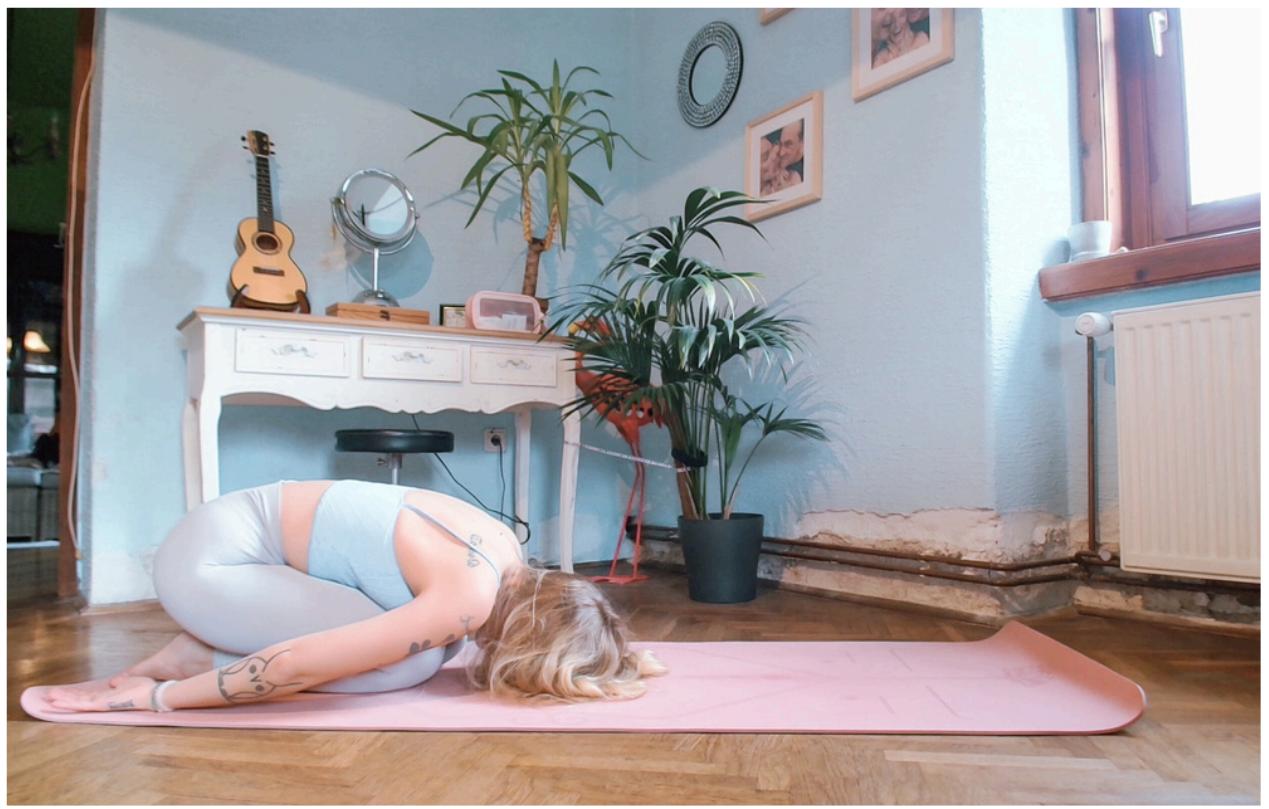
- begin on hands and knees in a tabletop position (the knees are under the hips, the wrists are under the shoulders)
- walk your hands out, lowering yourself until your forehead touches the mat
- keep your hips over your knees and stretch through the armpits to really lengthen the spine
- in case your forehead doesn't touch the mat, you can place a pillow (or books) to raise the ground, which will allow you to rest the forehead
- hold for two minutes
- to reverse out of the pose, walk your hands back in, gently lifting yourself back into tabletop





Sphinx

- lie down on your stomach and brace yourself on your forearms with the elbows stacked under the shoulders
- gently press down through the tops of your feet and also keep the intention of sending the pubic bone down to protect the low back (we are not engaging the glutes in this pose)
- shine the chest forward and keep your shoulders low
- the head is in a neutral position
- hold for one or two minutes (depending on how challenging this pose is for you)
- to come out, gently lower yourself onto your belly, place the hands under the shoulders and then press into the mat to lift yourself into tabletop



Child's Pose

- begin in a tabletop position and bring your big toes to touch as you send your hips back toward your heels
- keep your thighs together and walk your hands out in front of you to fold over the hips, bringing the forehead to the mat
- place the arms beside you with the palms facing up
- hold for five minutes
- to come out of the pose, place palms beneath the shoulders and press against the mat to gently roll yourself back up





Savasana

- begin lying down on your back with your legs extended long and widen them comfortably to claim some space; let the feet flop naturally
- bring your hands down by your body, creating and claiming even more space, the palms turned up so that they are facing the ceiling
- OPTION: if this feels uncomfortable for your lower back, you can bring your feet to the mat, the knees facing up; then widen your feet to the edges of the mat and allow your knees to fall in toward each other
- make sure that the back of your neck is long and that your chin isn't flying toward the ceiling
- settle into the pose, feeling the body heavy against the floor & the support of the floor pressing against the body
- rest in the pose for three minutes
- to come out of Savasana, begin to deepen your breath, then wiggle your fingers and toes; you can even do some "no" motions with your head, rolling your cheekbones from side to side
- then roll onto one side and remain in this fetal position for a few breaths before using your arms to push yourself up into a seat

LEVEL 2: DAY SIX

THE SEQUENCE

N O P R O P S

D E E P S Q U A T

3 M I N U T E S

S E A T E D S W A N

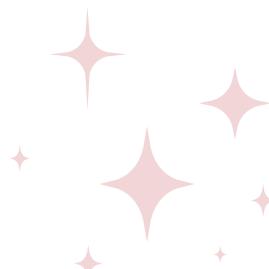
1 O R 1 M I N U T E S

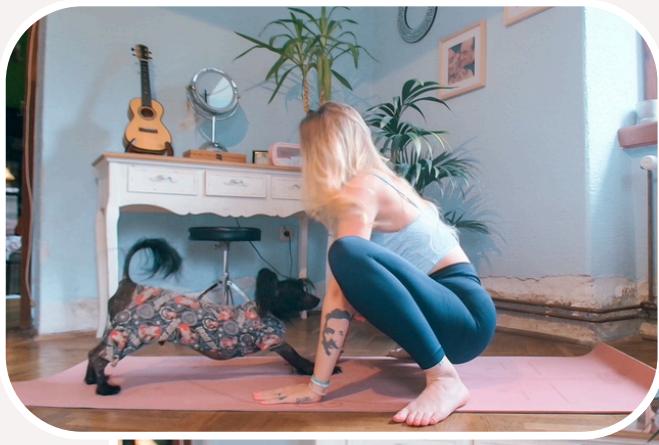
H A P P Y B A B Y

3 M I N U T E S

S A V A S A N A

4 M I N U T E S





Deep Squat

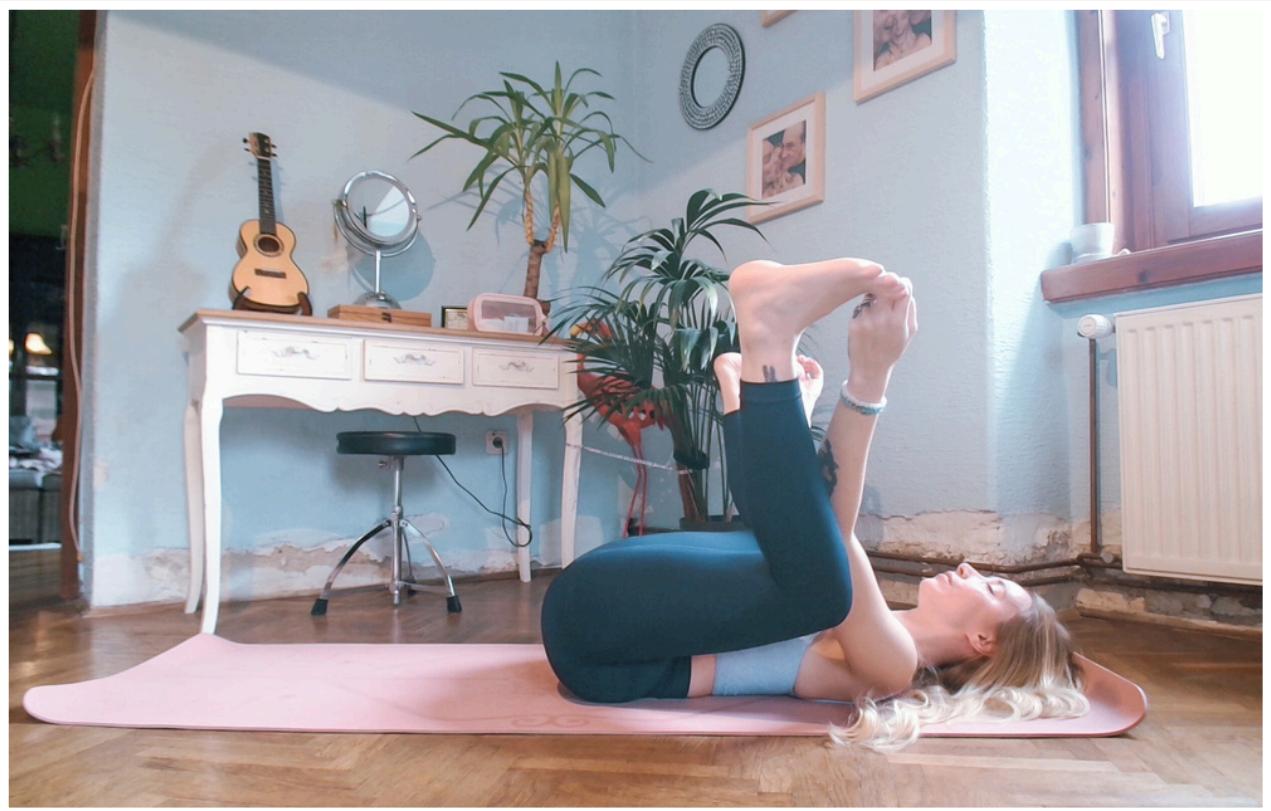
- widen the feet to the edges of the mat with the toes facing out at a diagonal and lower yourself down (you can use your hands for support)
- if your heels are lifting, roll up the mat as thick as you need and then rest your heels on the folded mat
- keep your back long
- your hands can come in a prayer position in front of you or down on the mat for additional support
- hold for three minutes
- to come out of the pose, either place the hands on the mat in front of you and lift your hips up or, if you have good control over your body, just gently lower yourself down on your sit bones





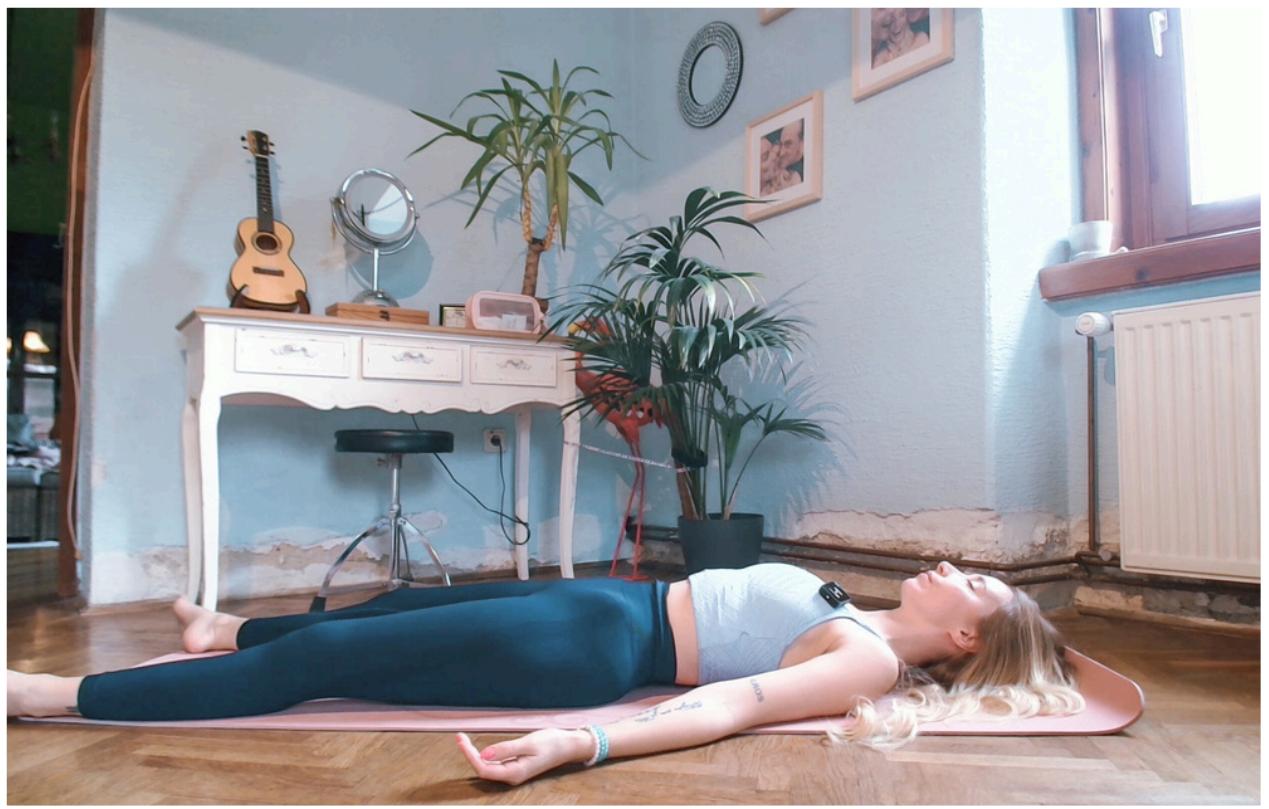
Seated Swan

- sit upright with your legs extended in front of you and place your palms on the mat behind you
- making the movement from your right hip, bend your right leg and hook the right foot at the bottom of the left thigh/top of the left knee; flex the foot, then begin to bend the left knee, bringing that leg in until your foot rests on the mat and your knee is facing the ceiling
- the more you bend your left leg and bring it close to your body, the more intense the stretch: choose the intensity that feels right for you in this very moment
- keep in mind the intention of the right knee moving out and away from you (without using any external force like your hand)
- keep your back long and shoulders low (so that you aren't collapsing in the shoulders or anywhere in your spine)
- hold for one minute
- to reverse out, extend the left leg and then unhook your right
- repeat on other side



Happy Baby

- lie down on your back and bend your knees so that your feet are on the floor and your knees are facing the ceiling
- bring your knees in toward your chest one at a time; your tailbone will lift as you perform this movement
- lift your feet into the air and hook your index and middle finger around your big toes, your elbows come to rest the inside of your knees
- experiment with how wide you want to have your legs; you can also rock gently side to side as you settle into the pose
- make sure that your shoulders are relaxed and that the back of the neck is long and grounded
- hold for three minutes
- if this position is not available to you, you can also substitute it with a Reclined Child's Pose to gain a similar effect in your body
- slowly reverse out of the pose by releasing your feet and bringing your legs into your chest (as if into a Reclined Child's Pose) before lowering your feet to the mat one at a time



Savasana

- begin lying down on your back with your legs extended long and widen them comfortably to claim some space; let the feet flop naturally
- bring your hands down by your body, creating and claiming even more space, the palms turned up so that they are facing the ceiling
- OPTION: if this feels uncomfortable for your lower back, you can bring your feet to the mat, the knees facing up; then widen your feet to the edges of the mat and allow your knees to fall in toward each other
- make sure that the back of your neck is long and that your chin isn't flying toward the ceiling
- settle into the pose, feeling the body heavy against the floor & the support of the floor pressing against the body
- rest in the pose for four minutes
- to come out of Savasana, begin to deepen your breath, then wiggle your fingers and toes; you can even do some "no" motions with your head, rolling your cheekbones from side to side
- then roll onto one side and remain in this fetal position for a few breaths before using your arms to push yourself up into a seat

LEVEL 2: DAY SEVEN

REST DAY

B R E A T H E

LEARN & PRACTICE
ALTERNATE NOSTRIL
BREATHING

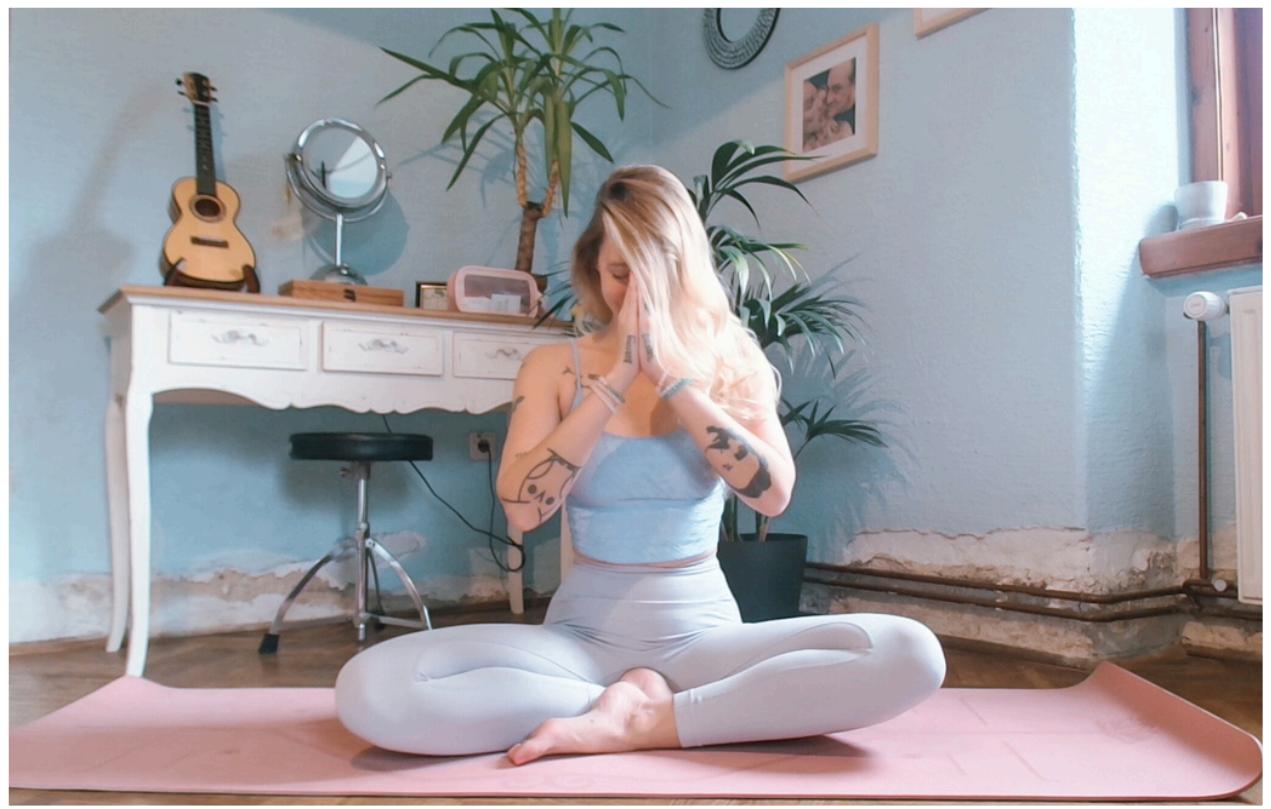
INHALE
THROUGH THE LEFT

EXHALE
THROUGH THE RIGHT

INHALE+
THROUGH THE RIGHT

EXHALE+
THROUGH THE LEFT





Alternate Nostril Breathing

- Alternate Nostril Breathing is another gentle and easy breathing technique that offers a calming effect on your body and mind by turning on your parasympathetic nervous system
- you can open or close your Yoga practice with this breath, or simply do it whenever you feel like you need to ground and center yourself
- it is also a very beneficial breath for your digestions, which is why I recommend doing it before a meal; this will assist you in digesting your food better because your body will be in the right state to receive and process the nutrition
- the technique itself is very simple: the inhales and exhales are all through the nose & you alternate closing your nostrils with your fingers so that you are only inhaling and exhaling through one of them
- IMPORTANT: we always begin with an inhale through the left & end the practice with an exhale through the left
- so the breath goes: inhale through the left, exhale through the right, inhale through the right, exhale through the left, inhale through the left, exhale through the right, inhale through the right, exhale through the left
- you decide for how long you do this breath, so I suggest experimenting on your own to find what works best for you!

WHAT'S NEXT?

Congratulations on finishing Level 2 of the Beginner Yin Yoga Course!

You've made it to the end of Level 2! This is absolutely amazing and I hope you're so proud of yourself right now!

So what comes next?

For the next week, I want you to revisit the sequences we have gone through. You can follow along with the video versions of the classes or do them on your own with the help of this guidebook.

My recommendation, if you're doing them on your own, is to add a minute to every pose you're holding - if that feels good to you, of course!

After that, you are kindly invited to grab two Yoga blocks and join me in Level 3!

With love,
Gaja aka thecelestialblonde



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BY THECELESTIALBLONDE



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