



*"All the tissues of the body are changing and adapting to the stresses put upon them. If we never bend our knees or stretch our spines, the connective tissue is going to shorten to the minimum length needed to accommodate our movement."* -Paul Grilley, *"Yin Yoga: Principles and Practice"*

The Arjuna Yoga Restorative Deep Stretch (Yin Yoga) Workshop will teach the following:

1. Basic deep stretching ROUTINE and TECHNIQUES.
2. Stretches which target the range of motion of the spine
3. Stretches which target shoulders and hips joints for increased joint range of motion.
3. Stretches which target deltoids, pectorals, lats, quads, hamstrings and hip flexors for increased flexibility.
4. Over time, influence the body's natural ability to rebuild.

Making change can be a challenge for an individual. Oftentimes individuals will hesitate to learn something new because of misunderstanding or fear. The following principles can help overcome misunderstanding and fear.

**Patience-** Time takes time. We did not get where we are overnight. It will take TIME to open up the muscles and joints of the body.

**Humility-** There is a lot we don't know. There is a lot we don't know about our own bodies. There is a lot we don't know about how to do the stretches. Acknowledgement of our lack of knowledge is actually a good thing. It reduces resistance to the process. Be ok with not knowing. It will help the learning process. If you have a question, you are probably NOT the only one who has that question. Ask it and we will all learn together.

**Honesty-** We must be honest with ourselves about how we think and feel. It is completely OK to be honest with yourself and me regarding what your thinking and feeling (physically and emotionally). Additionally, there is a difference between experiencing a deep or intense SENSATION and PAIN. We must learn the difference.

**Willingness-** It is best to have a positive attitude and be willing to try things we have never tried. Not everyone can do every posture, that's ok. Simply try and we'll make adjustment if needed. Have faith in the process. Be willing to commit to the process.

## Techniques

### Long holds

-Depending on the size of the joint involved, holds can range between 2-7 minutes. To begin, holds will be 1-4 minutes but long sustained.

### Relaxed muscles

-When in the postures, it is best to try to relax the muscles of the body as much as possible. This required practice, but this is the state of body we are seeking to attain.

### Scale

-Intensity in the postures is necessary, however, it is not necessary to force the body. On a scale of 1-10, it is preferable to reach a balance between 5-7. At this state both intensity and relaxation can be achieved.

### Breath

-It is not uncommon to hold one's breath, particularly in a posture which might be causing intense sensation. If you find yourself holding the breath, simply begin to breathe.

### Awareness

-Pay attention to the body. There is a difference between an intense sensation and pain. Everyone's body is different, with different injuries. We must become aware enough of our OWN body and to know the difference. We don't want pain.

### Relax and Be Still

-The more you can give way and allow gravity to take over the better the outcome. Holding onto tension in the body (muscular activation) prevents the muscles and tendons from stretching. This is not easy, but as you become aware, it will become easier.

### Comfort

-Use the restroom beforehand and to avoid eating 1 – 1 ½ hours before practice. This is for your comfort.

## Restorative, Yin Poses

### BACK

1. Block-in-the-back
2. Banana
3. Caterpillar
4. Reclined Spinal Twist

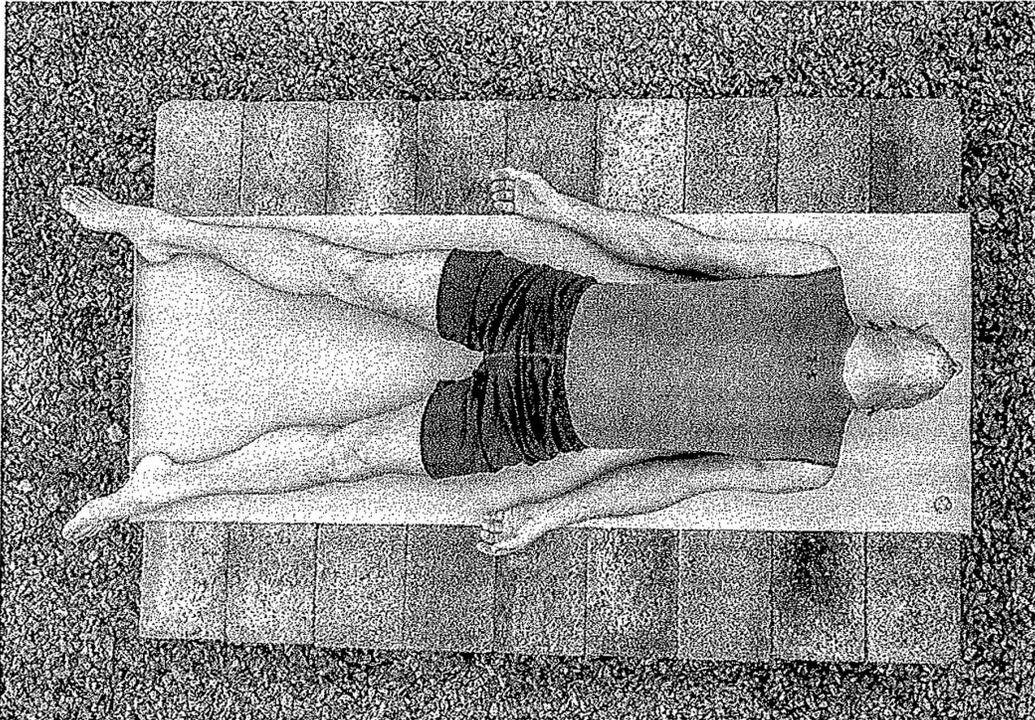
### HIPS

1. Reclined Butterfly
2. Reclined Swan
3. Half Saddle
4. Dragon

### SHOULDERS

1. Shoulder Variation 1
2. Shoulder Variation 2
3. Shoulder Variation 3
4. Shoulder Variation 4

# Block-in-the-back



Start:

1. Place the block between or across the shoulder blades.
2. Slowly recline over block.
3. Place the forearms beside the torso.
4. Inhale and exhale deeply for 2-5 minutes

Finish:

Slowly roll to one side, remove the block and recline to a flat back .

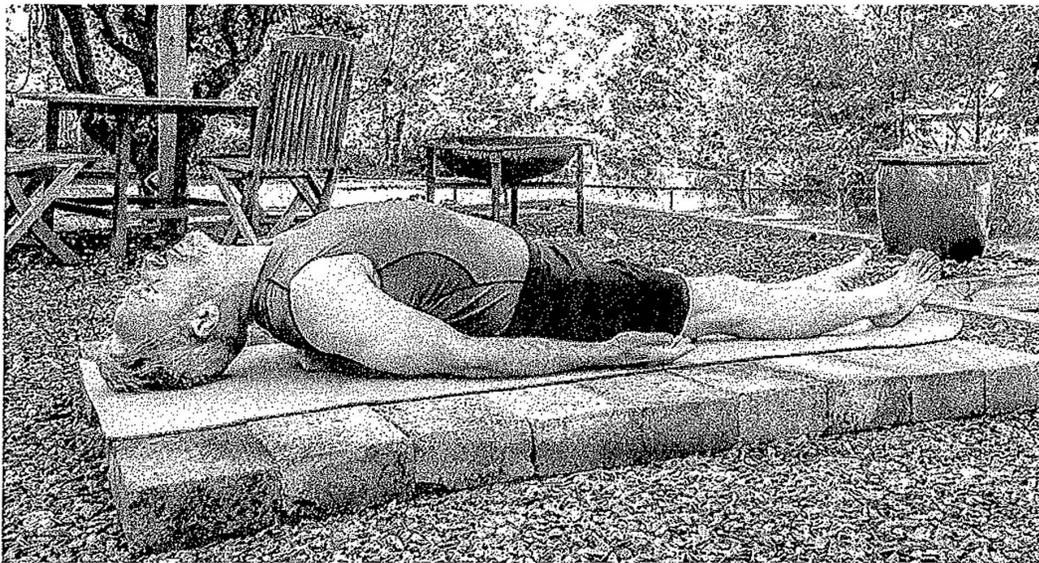
Modification:

Bend knees, placing feet on the mat near the gluteus to support the lower back (lumbar spine)

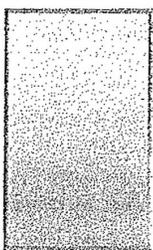
Support the head with a blanket or block to support the neck (cervical spine)

Caution:

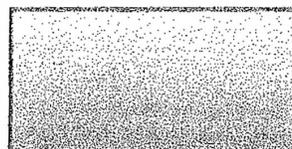
High or Low BP  
Migraine, Insomnia  
Serious low back or neck injury



This posture is a supported upper backbend. The muscles and attachments being stretched are splenius in the cervical spine and the vertical muscles from the neck to the lower back called the erector spinae muscle group. These muscles are all responsible for extension of the spine (lifting, standing and back bending).

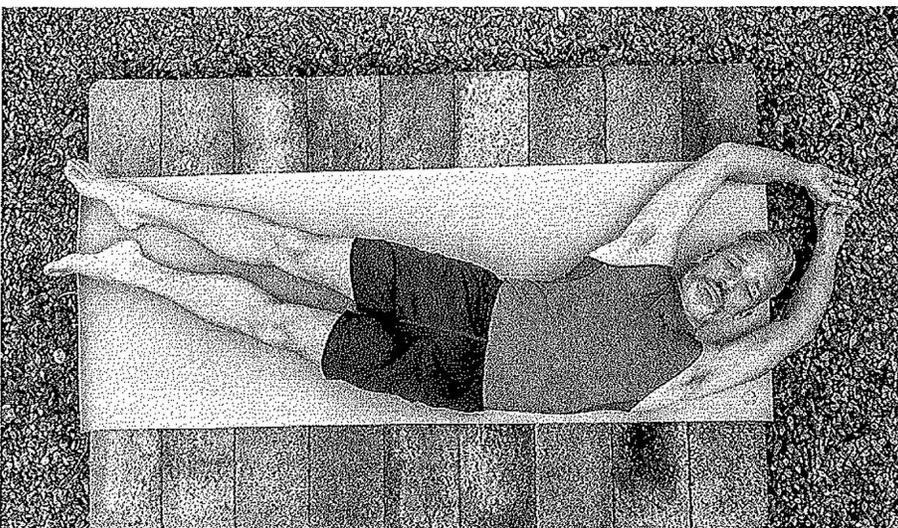
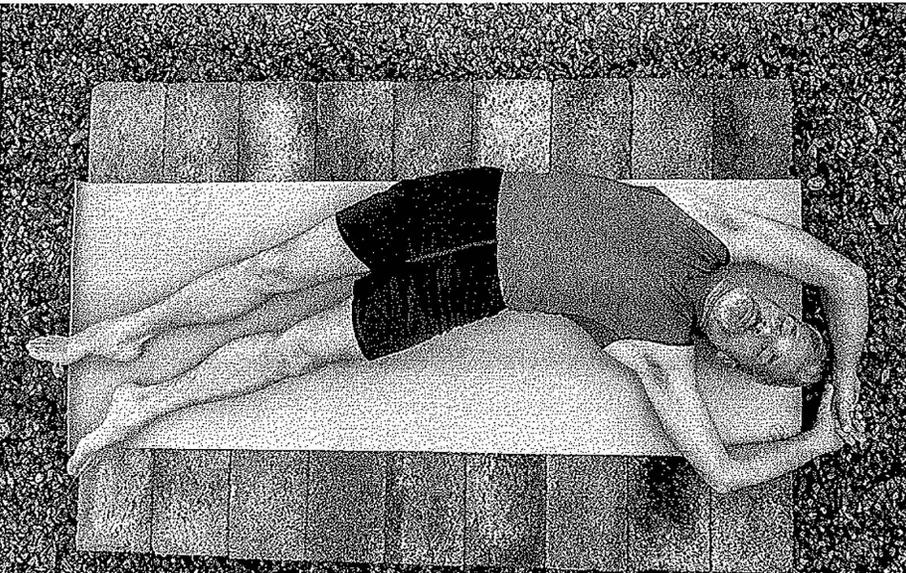
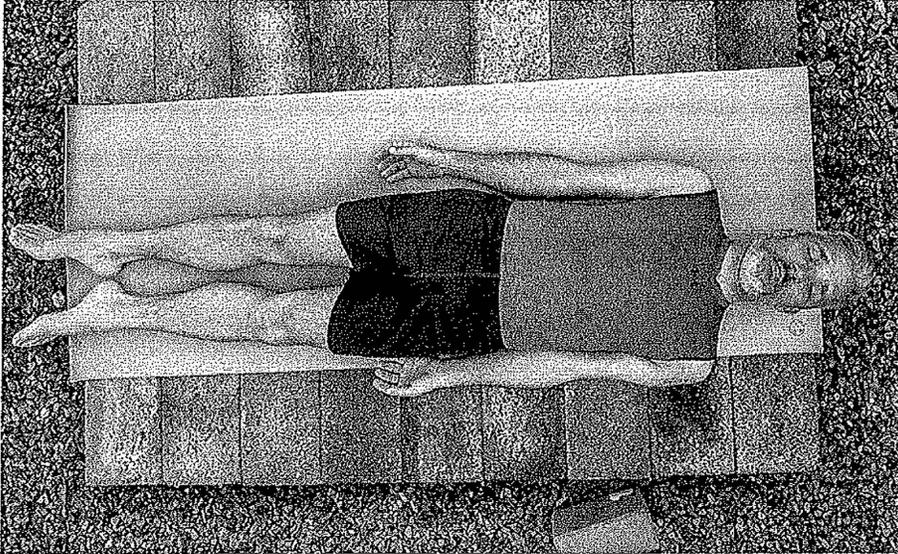


Between the shoulder blades



Across the shoulder blades

# Banana



This posture creates a side-to-side flexion of the spine. The muscles stretched are the Intertransversarii and Interspinalis, and the associated connective tissues located along the vertebrae. These muscle are responsible for side and back bending.

## Start:

1. Recline flat and straight onto the mat.
2. Lift the feet and place them to one side of the mat.
3. Lift the torso and place it towards the same side of the mat as the feet, creating a slight curve in the spine.
4. Try to keep both shoulders flat on the mat.
5. Inhale and exhale deeply for 2-5 minutes.

## Finish:

Slowly return the body to the straight, starting position by lifting the torso and the feet, placing them in line.

## Modifications:

Place arms above the head or by the side

Adjust the torso, not the legs

Adjust the legs, not the torso

Place the ankle of the outer leg over the ankle of the inner leg

## Caution:

Sciatica

Low back pain

# Caterpillar



Start:

1. Sit with legs extended and the crown of the head lifted.
2. Bring the chin to the chest and roll the spine forward, creating a rounded back. Look towards the navel.
3. Place a block under the forehead and rest the head or continue rolling the spine forward, depending on the back's flexibility.
4. Inhale and exhale deeply for 2-5 minutes.

Finish: Slowly stack the spine, unrolling the back, allowing the head to roll up last.

Modifications:

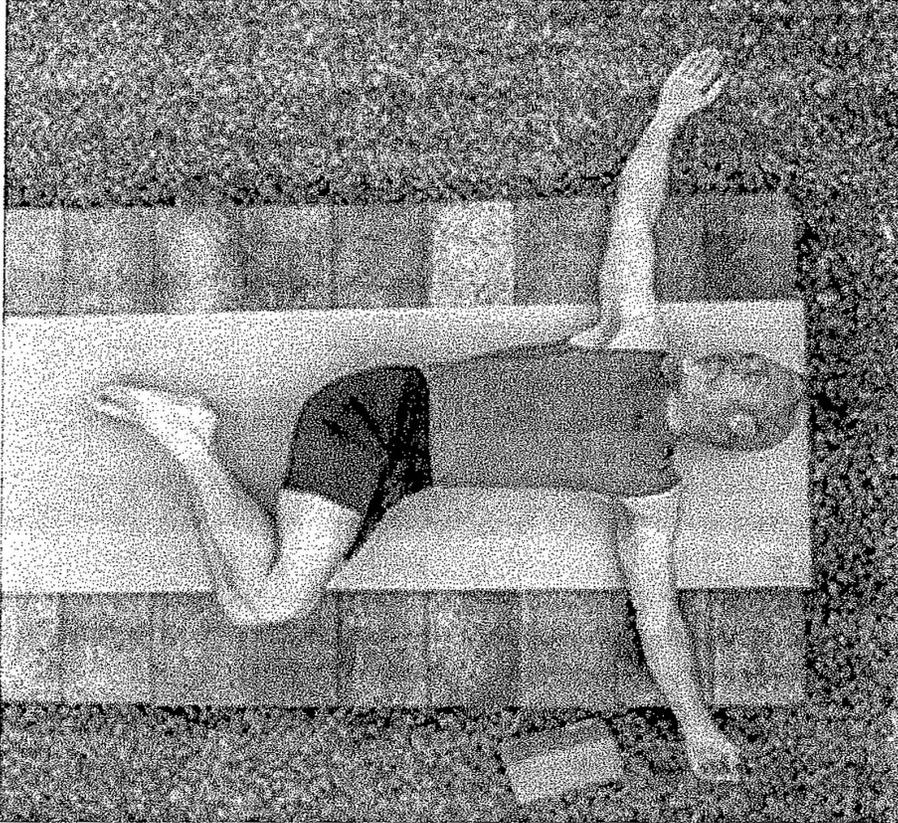
- Place a block under the forehead
- Bend knees, place a blanket or blocks under the knees
- Sit on a blanket, lifting the hips

Caution:

- DO NOT PULL yourself into this position, let gravity pull you forward
- Asthma
- Diarrhea
- Back injury

This posture is a supported or unsupported forward fold. The muscles and attachments being stretched are splenius in the cervical spine and the vertical muscles from the neck to the lower back called the erector spinae muscle group, all responsible for extension of the spine (lifting, standing and back bending). This posture also stretches muscles and attachments of the hamstrings.

# Reclined Spinal Twist



## Start:

1. Recline flat and straight onto the mat.
2. Bend at the knees and bring the heels of the feet towards the gluteus.
3. Stack the legs parallel OR cross one leg over the other.
4. Slowly, drop the knees to one side, using a block to support the knees if necessary.
5. With the arms spread open like the shape of a "T", look over the shoulder opposite the knees.
6. Inhale and exhale deeply for 2-5 minutes.

## Finish:

Slowly, using the hands to lift the legs, unwind the body from the twisted position.

Repeat on the opposite side.

## Modifications:

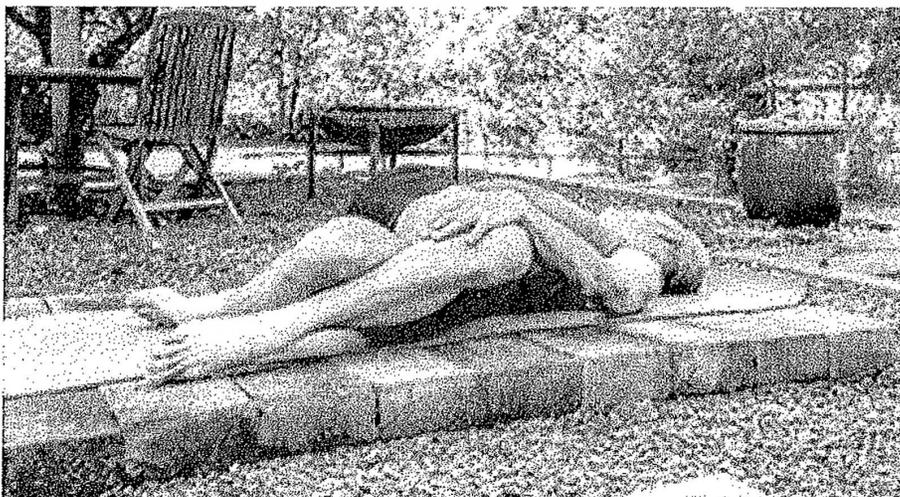
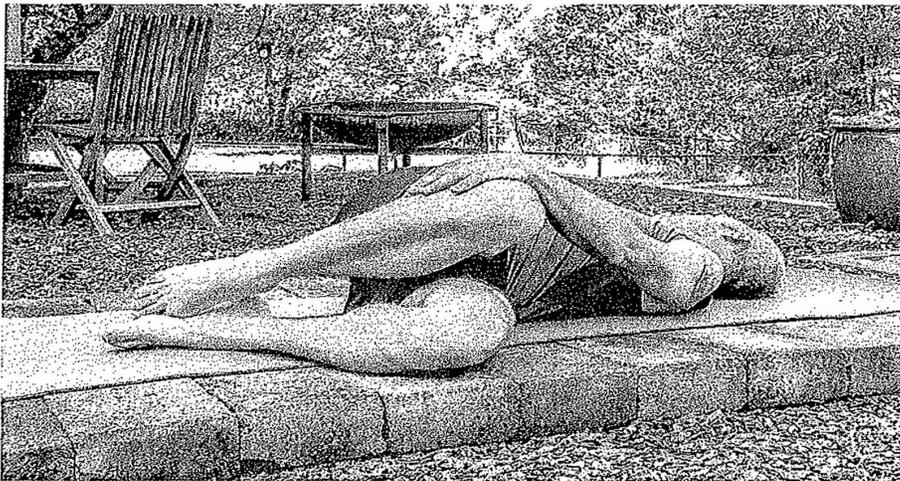
Use the block to support the legs in the twist if the knees do not meet the ground

Raise arms higher overhead or lower, close to the body

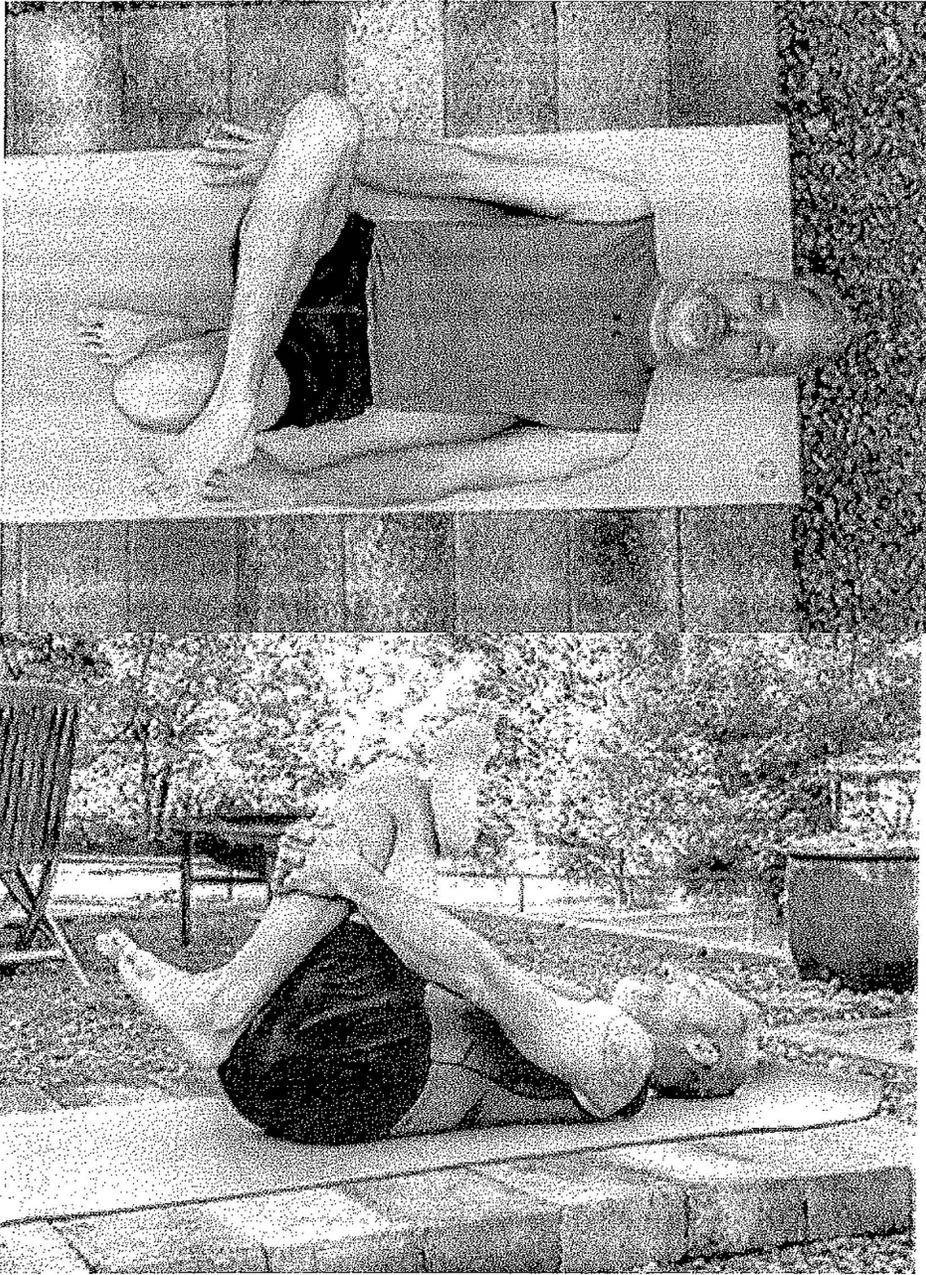
## Caution:

Back pain or injuries  
Degenerative disks

This posture is a spinal rotation, from the neck to the lower back. The oblique muscles and attachments being stretched within the neck and back are responsible for rotating the spine.



# Reclined Swan



This form stretches the psoas and gluteus. The external rotation of the top leg's muscle group contributes to the range of motion in the joint.

Start:

1. Recline flat and straight onto the mat.
2. Bend at the knees and bring the heels of the feet towards the gluteus.
3. Lift the right (left) knee and place the ankle over the left (right) knee.
4. Reach through the legs, grab the thigh OR shin and draw the leg towards the torso.
5. Relax the shoulders onto the ground.
6. Inhale and exhale deeply for 2-5 minutes.

Finish:

Slowly, release the hands from the legs. Lower the foot to the ground. Uncross the top leg. Extend the legs long on the mat. Repeat on the opposite side.

Modifications:

Instead of bringing the knee into the chest, use a block, varying the height, to elevate the foot on the mat, elevating the hip and intensifying the form.

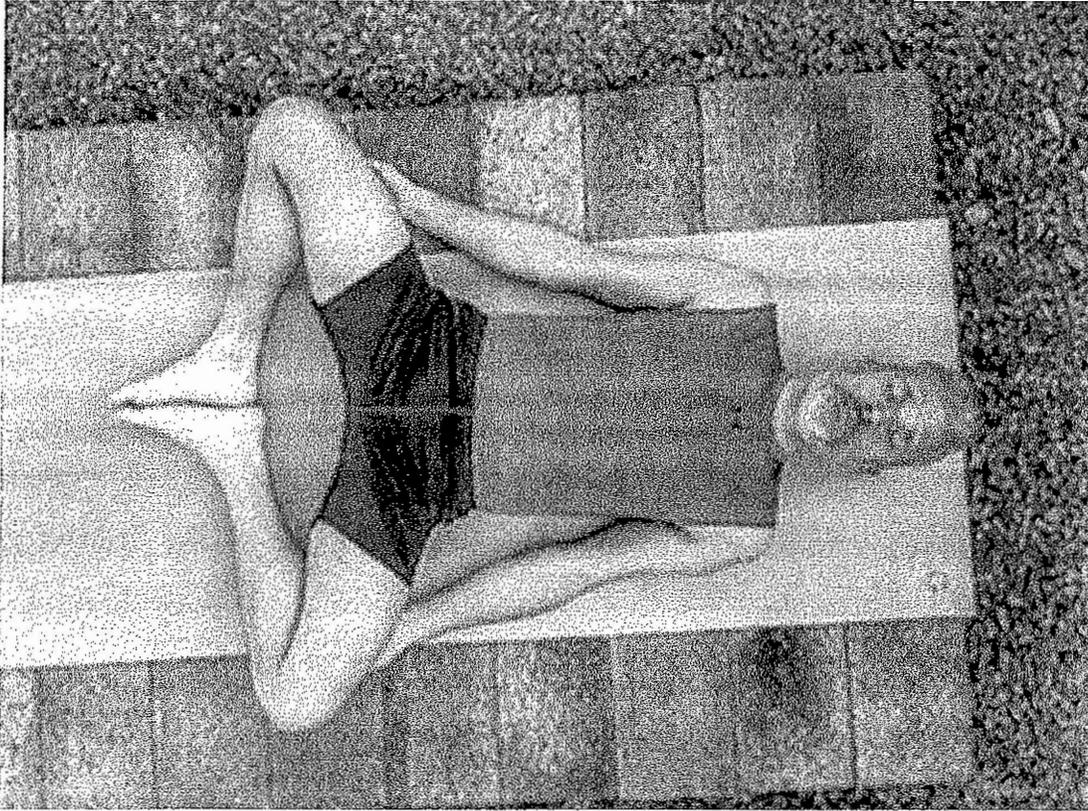
Place the foot on the mat onto a wall, elevating the hip, intensifying the form.

Caution:

Knee pain

For those with sensitive knees, as you externally rotate the top leg, observe the knee, paying attention for knee pain.

## Reclined Butterfly



### Start:

1. Recline flat and straight onto the mat.
2. Bend at the knees and bring the heels of the feet towards the gluteus.
3. Place the soles of the feet together and drop the knees apart from one another.
4. Place the arms down along the torso or over the head.
5. Inhale and exhale deeply for 2-5 minutes.

### Finish:

Using the hands, slowly bring the legs together. Extend the legs long on the mat.

### Modifications:

This form can be combined with block-in-the-back.

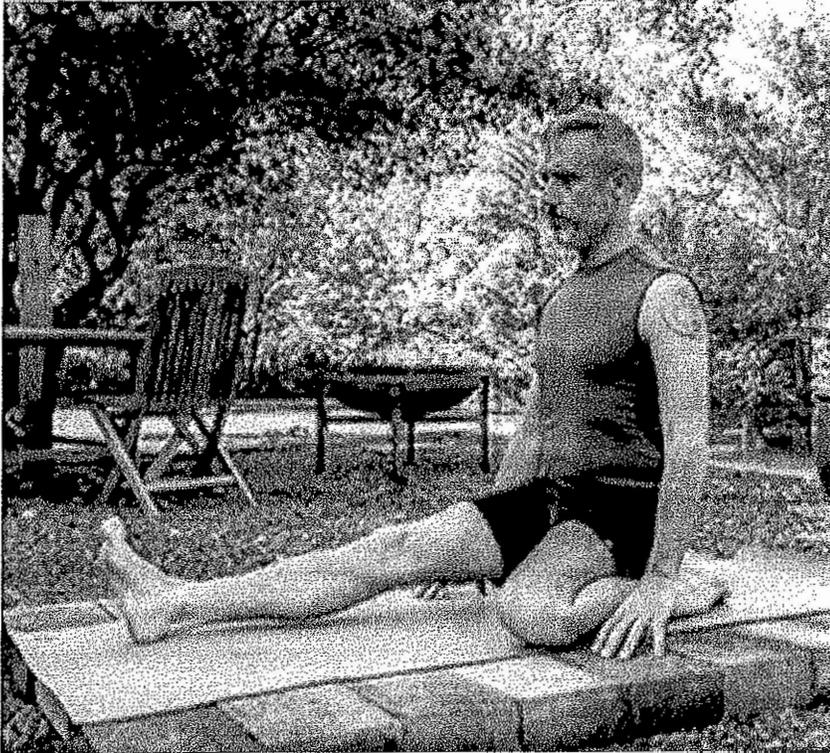
Use blocks to prop knees up to match flexibility. Lower the blocks over time as flexibility increases.

Fold forward with a rounded back to add stretch to the spinal extensors.

### Caution: Groin pull

This form stretches the muscle and attachments of the hamstrings, quadriceps.

# Half Saddle



## Start:

1. Sitting straight up with the legs extend forward.
2. Leaning to the right, bend the left knee, placing the left foot beside the left gluteus.
3. Extend the torso and head up OR recline the torso.
4. Inhale and exhale deeply for 2-5 minutes.

## Finish:

Sit up straight, lean to the right and extend the left leg long in front, legs parallel.

Repeat on the opposite side.

## Modifications:

Begin the posture by sitting on a block, elevating the hips.

Adjust the angle of the knee

Lean to the same side as the extended leg

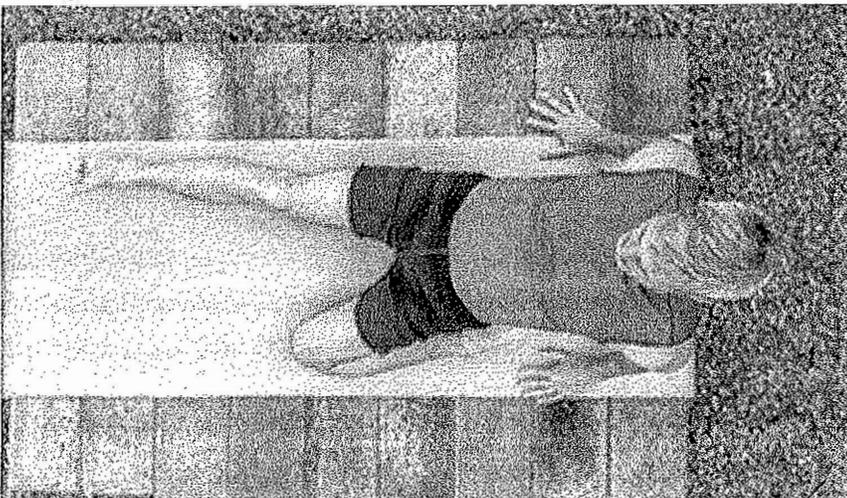
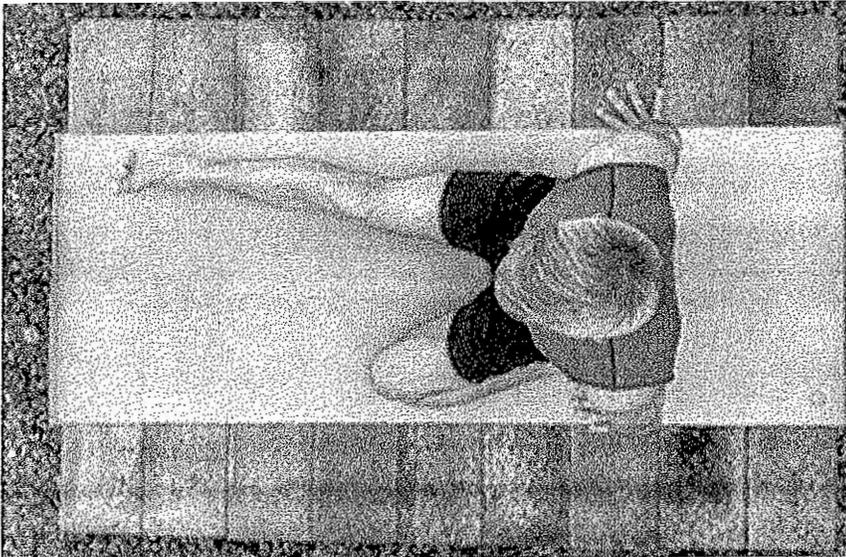
If you can perform this form with out a block and can lean back, placing the torso on the mat, elevate the arms above the head as described in the Banana posture.

## Caution:

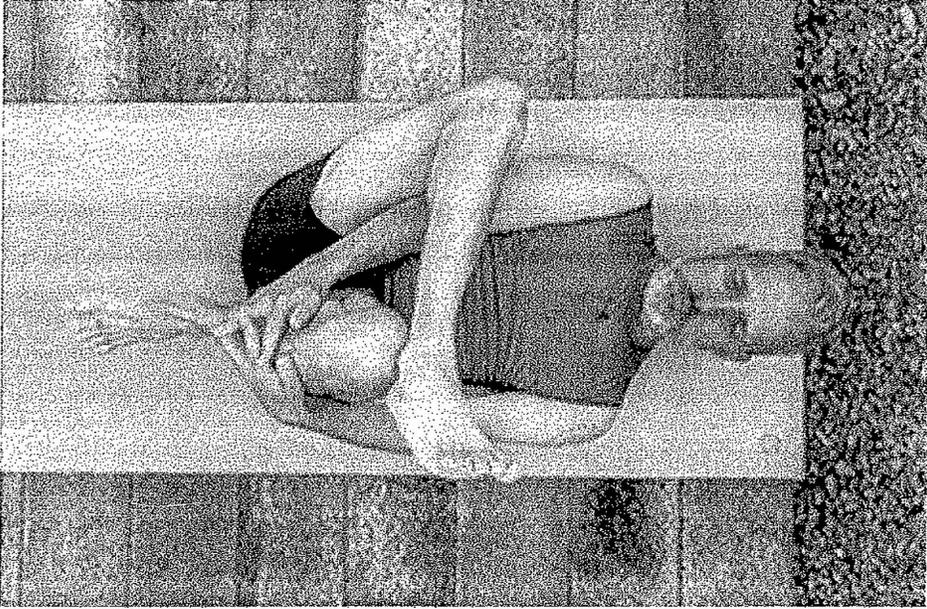
Knee issues

Compression of the knee for those who have knee issues can cause discomfort. Begin with elevated hips on the block and do not lean back.

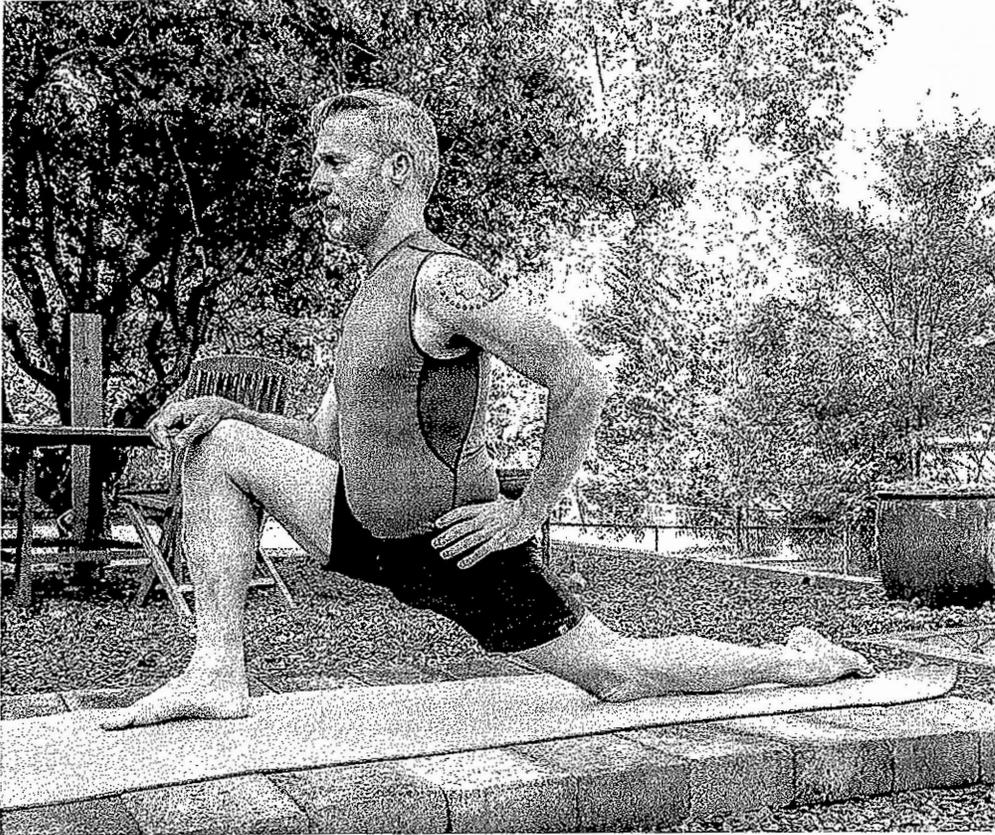
NOTE: Compression of joints stimulates healing and assists the body's ability to eliminate waste.



## Reclined Swan



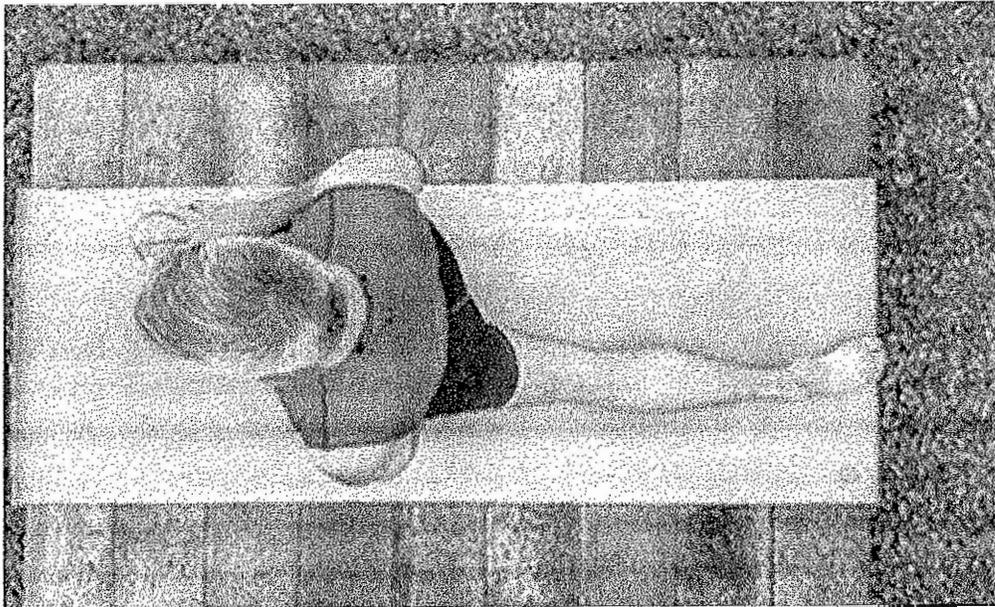
# Dragon



## Start:

1. Start in a kneeling position.
2. Place the right foot forward of the right hip. Align, or stack, the right knee OVER the right foot.
3. Extend the left leg long behind the left hip.
4. Point OR flex the back foot.
5. Lift the torso up over the hips.
6. Place a block under the back knee if necessary.
7. Inhale and exhale deeply for 2-5 minutes.

**Finish:** Placing the hands on the mat, beside the front foot and lean forward. Slowly release the front leg, bringing the knees in line and sitting in a kneeling position.



## Modifications:

Place a block or a blanket under the back knee. Align the front knee PAST the ankle bringing the stretch into the Achilles tendon. Place blocks to the side of the body using them to steady the body

## Cautions:

Resting on the knee can cause knee pain.

This posture stretches the muscles and associated attachments of the hamstrings, quadriceps, psoas and muscles of the lower back and lower leg.

# Shoulder and Chest Stretch; Variations

Start:

1. Lay long and flat, face down, on the mat.
2. Extend the left arm out, away from the body. Bend the elbow placing the hand in a reverse goalpost position. The hand should face UP.
3. Align the elbow with the eyes.
4. Place the right hand beside the right chest and press the hand into the mat.
5. Lift the right hip and slowly roll toward the extended arm.
6. Inhale and exhale for 1-2 minutes.



Finish:

Slowly return the body to the face down position. Release the arm beside the torso. Repeat on the other side.

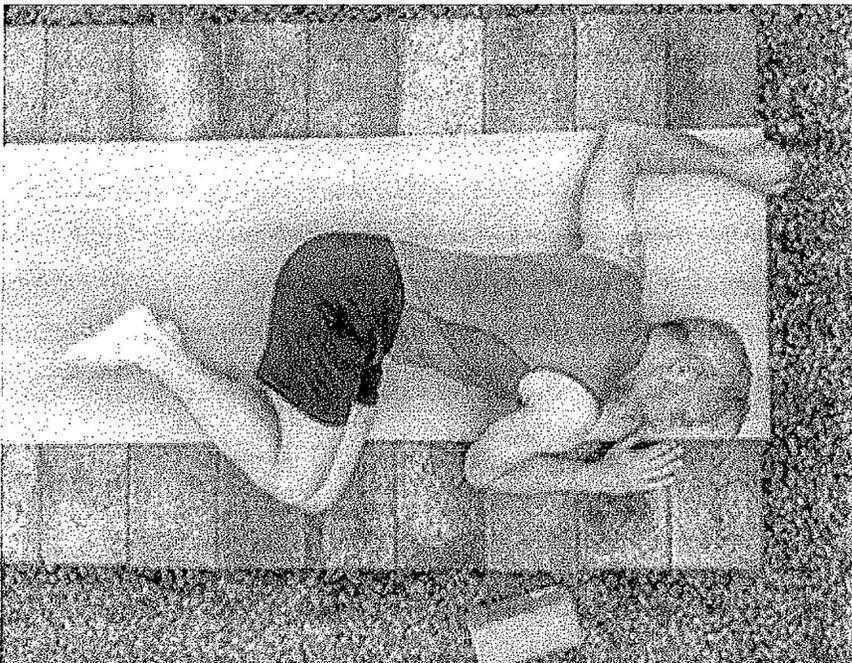
Caution:

Torn rotator cuff  
Shoulder injuries.

Stretch with caution, avoiding painful sharp sensations.

Start:

1. Lay long and flat, face down, on the mat.
2. Extend the left arm out, away from the body. Bend the elbow placing the hand in a goalpost position.
3. Align the elbow with the eyes.
4. Stack and bend the knees as if sitting in a chair.
5. Place the right hand beside the right chest and press the hand into the mat.
6. Lift the right hip and slowly roll toward the extended arm.
7. Inhale and exhale for 1-2 minutes.



Finish:

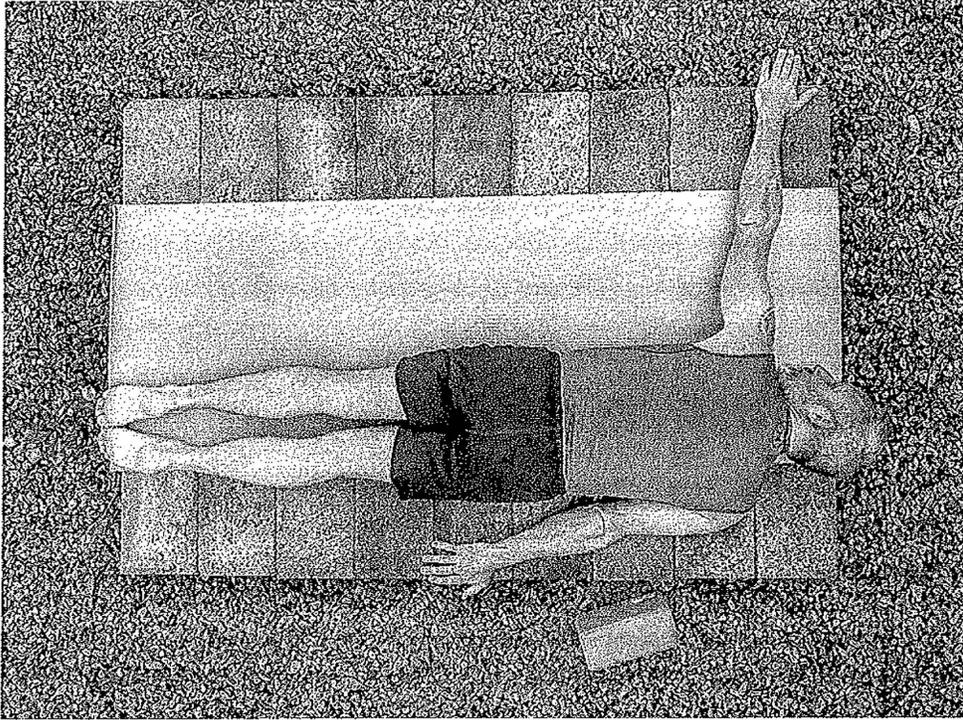
Slowly return the body to the face down position. Release the arm beside the torso. Repeat on the other side.

Caution:

Torn rotator cuff  
Shoulder injuries.

Stretch with caution, avoiding painful sharp sensations.

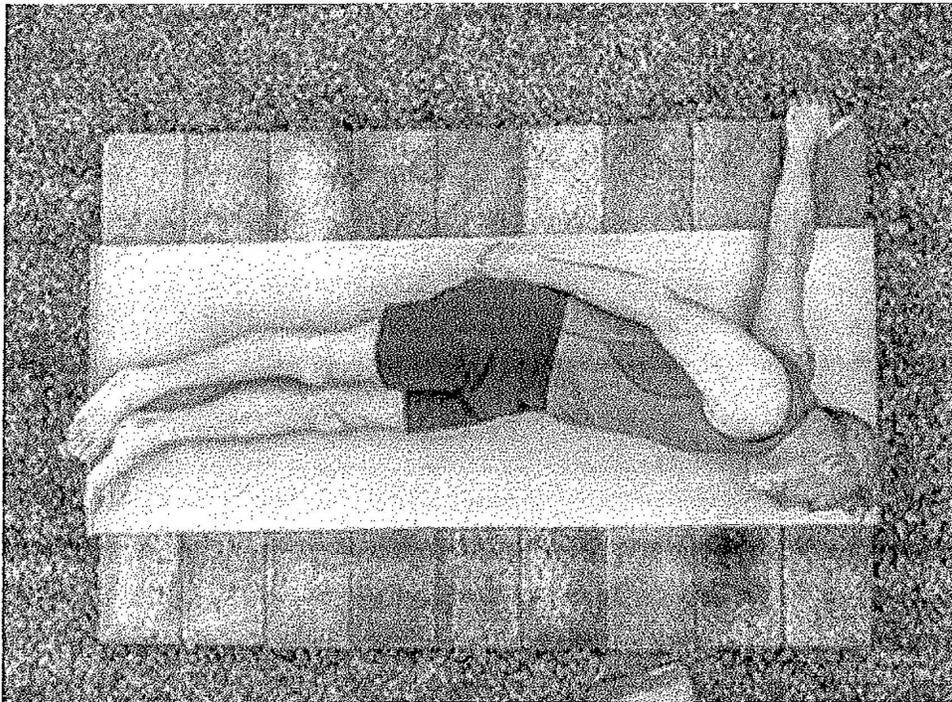
# Shoulder and Chest Stretch; Variations



Start:

1. Lay long and flat, face down, on the mat.
2. Extend the left arm out, away from the body.
3. Align the hand with the eyes.
4. Place the right hand beside the right chest and press the hand into the mat.
5. Lift the right hip and slowly roll toward the extended arm.
6. Inhale and exhale for 1-2 minutes. CAUTION: It is NOT necessary to hold shoulder stretches for more than 2 minutes PER posture.

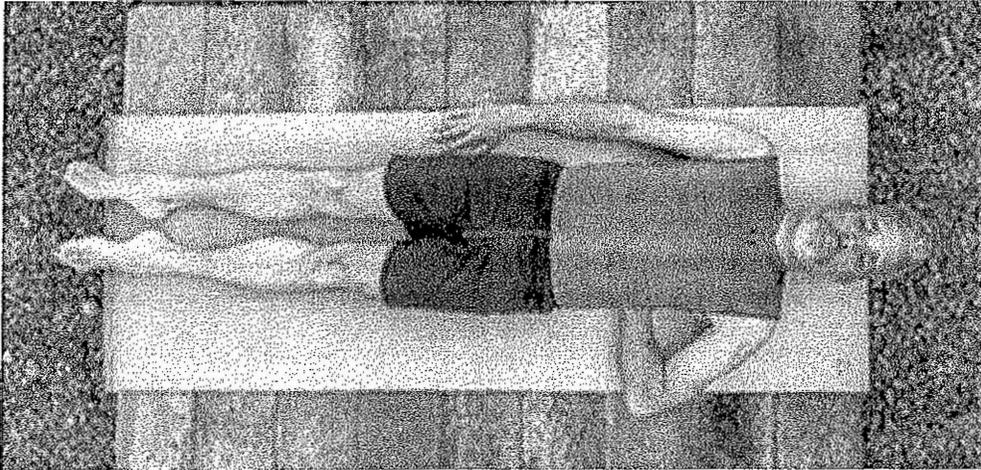
Finish: Slowly return the body to the face down position. Release the arm beside the torso. Repeat on the other side.



Caution:

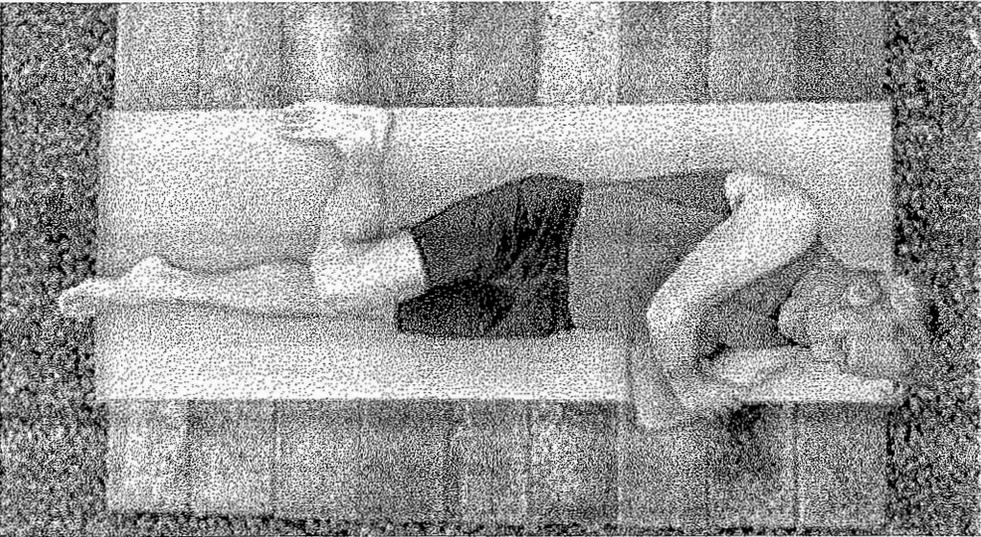
Torn rotator cuff  
Shoulder injuries.  
Stretch with caution, avoiding painful sharp sensations.

# Shoulder and Chest Stretch; Variations



## Start:

1. From a seated position, bend the elbow. Place the hand behind the back.
2. Recline flat and straight onto the mat.
3. Bend the right knee and place the right foot on the floor.
4. Press into the mat with the foot and roll towards the bent arm.
5. Inhale and exhale for 1-2 minutes.



## Finish:

Slowly return the body to the face up position. Release the arm beside the torso. Repeat on the other side.

## Caution:

Torn rotator cuff  
Shoulder injuries.  
Stretch with caution, avoiding painful sharp sensations.

# Week 1

Posture	Min/Max	Day 1	Time	Day 2	Time	Notes
<b>BACK</b>		Add arms over head 3 minutes				
Block-in-the-back	2-5 minutes					
Banana	2-5 minutes/side	/		/		
Caterpillar	2-5 minutes	once a day 3 minutes				
Spinal Twist	2-5 minutes/side	/		/		
<b>LEGS/HIPS</b>						
Leg Stretch	1min/1min/1min	/		/		
Reclined Butterfly	2-5 minutes	once a day 3 minutes				
Reclined Swan	2-5 minutes/side	once a day 3 minutes		/		
Half Saddle	2-5 minutes/side	/		/		
Dragon	2-5 minutes/side					
<b>SHOULDERS</b>						
Shoulder #1	1-2 minutes	/		/		
Shoulder #2	1-2 minutes	/		/		
Shoulder #3	1-2 minutes	/		/		
Shoulder #4	1-2 minutes	/		/		

# Week 2

Same as last week

Posture	Min/Max	Day 1	Time	Day 2	Time	Notes
<b>BACK</b>						
Block-in-the-back	2-5 minutes					
Banana	2-5 minutes/side	/		/		
Caterpillar	2-5 minutes					
Spinal Twist	2-5 minutes/side	/		/		
<b>LEGS/HIPS</b>						
Leg Stretch	1min/1min/1min	/		/		
Reclined Butterfly	2-5 minutes					
Reclined Swan	2-5 minutes/side	/		/		
Half Saddle	2-5 minutes/side	/		/		
Dragon	2-5 minutes/side					
<b>SHOULDERS</b>						
Shoulder #1	1-2 minutes	/		/		
Shoulder #2	1-2 minutes	/		/		
Shoulder #3	1-2 minutes	/		/		
Shoulder #4	1-2 minutes	/		/		

## INSTRUCTIONS AND NOTES:

1. QUANTITY: EITHER do all the postures OR select 2-3 from each group.
2. If you experience **PAIN** in any posture, **STOP!** Wait until the next class for more instruction.
3. Back and Hip Postures can be held 2-5 minutes.
4. Shoulder postures should be held for **no more than 2 minutes** for each posture.

## Week 5

Posture	Min/Max	Day 1	Time	Day 2	Time	Notes
<b>BACK</b>						
Block-in-the-back	2-5 minutes					
Banana	2-5 minutes/side	/		/		
Caterpillar	2-5 minutes					
Spinal Twist	2-5 minutes/side	/		/		
<b>LEGS/HIPS</b>						
Leg Stretch	1min/1min/1min	/		/		
Reclined Butterfly	2-5 minutes					
Reclined Pigeon	2-5 minutes/side	/		/		
Half Saddle	2-5 minutes/side	/		/		
Dragon	2-5 minutes/side					
<b>SHOULDERS</b>						
Shoulder #1	1-2 minutes	/		/		
Shoulder #2	1-2 minutes	/		/		
Shoulder #3	1-2 minutes	/		/		
Shoulder #4	1-2 minutes	/		/		

## Week 6

Posture	Min/Max	Day 1	Time	Day 2	Time	Notes
<b>BACK</b>						
Block-in-the-back	2-5 minutes					
Banana	2-5 minutes/side	/		/		
Caterpillar	2-5 minutes					
Spinal Twist	2-5 minutes/side	/		/		
<b>LEGS/HIPS</b>						
Leg Stretch	1min/1min/1min	/		/		
Reclined Butterfly	2-5 minutes					
Reclined Pigeon	2-5 minutes/side	/		/		
Half Saddle	2-5 minutes/side	/		/		
Dragon	2-5 minutes/side					
<b>SHOULDERS</b>						
Shoulder #1	1-2 minutes	/		/		
Shoulder #2	1-2 minutes	/		/		
Shoulder #3	1-2 minutes	/		/		
Shoulder #4	1-2 minutes	/		/		

### INSTRUCTIONS AND NOTES:

1. QUANTITY: EITHER do all the postures OR select 2-3 from each group.
2. If you experience **PAIN** in any posture, **STOP!** Wait until the next class for more instruction.
3. Back and Hip Postures can be held 2-5 minutes.
4. Shoulder postures should be held for **no more than 2 minutes** for each posture.

## Week 3

Posture	Min/Max	Day 1	Time	Day 2	Time	Notes
<b>BACK</b>						
Block-in-the-back	2-5 minutes					
Banana	2-5 minutes/side	/		/		
Caterpillar	2-5 minutes					
Spinal Twist	2-5 minutes/side	/		/		
<b>LEGS/HIPS</b>						
Leg Stretch	1min/1min/1min	/		/		
Reclined Butterfly	2-5 minutes					
Reclined Swan	2-5 minutes/side	/		/		
Half Saddle	2-5 minutes/side	/		/		
Dragon	2-5 minutes/side					
<b>SHOULDERS</b>						
Shoulder #1	1-2 minutes	/		/		
Shoulder #2	1-2 minutes	/		/		
Shoulder #3	1-2 minutes	/		/		
Shoulder #4	1-2 minutes	/		/		

## Week 4

Posture	Min/Max	Day 1	Time	Day 2	Time	Notes
<b>BACK</b>						
Block-in-the-back	2-5 minutes					
Banana	2-5 minutes/side	/		/		
Caterpillar	2-5 minutes					
Spinal Twist	2-5 minutes/side	/		/		
<b>LEGS/HIPS</b>						
Leg Stretch	1min/1min/1min	/		/		
Reclined Butterfly	2-5 minutes					
Reclined Swan	2-5 minutes/side	/		/		
Half Saddle	2-5 minutes/side	/		/		
Dragon	2-5 minutes/side					
<b>SHOULDERS</b>						
Shoulder #1	1-2 minutes	/		/		
Shoulder #2	1-2 minutes	/		/		
Shoulder #3	1-2 minutes	/		/		
Shoulder #4	1-2 minutes	/		/		

### INSTRUCTIONS AND NOTES:

1. QUANTITY: EITHER do all the postures OR select 2-3 from each group.
2. If you experience **PAIN** in any posture, **STOP!** Wait until the next class for more instruction.
3. Back and Hip Postures can be held 2-5 minutes.
4. Shoulder postures should be held for ***no more than 2 minutes*** for each posture.