

# Building a Yin Bridge

Start lying on your back with your knees bent. Lift the hips high enough to slide a block or bolster under the pelvis. Make sure the support is under the pelvis/sacrum and NOT under the lower back. We ...

It was founded on the Taoist theory of yin and yang - opposite concepts that, together, represent balance. There are around 20 classic poses (plus their variations) in Yin Yoga.

Holding poses for longer periods of time, and relaxing the muscles are some of the central points of Yin Yoga. Hence, Yin should be introspective. By placing a block under your sacrum, your shoulder ...

Whether you're a seasoned yogi or a curious beginner, mastering bridge pose can unlock new dimensions of your practice, enhancing your alignment, boosting your confidence, and ...

Yin Yoga Sequence With Bridge Pose Block is a 45 mins Yin sequence with 19 poses.

Learn how to use bridge pose in your practice to bring benefits to your daily life. Plus additional tips for teaching this pose.

From the active, challenging Full Bridge to the soft, restful Supported Bridge, there is a version of this posture that is safe and accessible to all bodies. In this article, we'll delve into the ...

Welcome to this beginner-friendly Yin Yoga session where I'll focus on the Supported Bridge Pose! ? This beginner-friendly Yin Yoga Supported Bridge is perfect for anyone looking to...

Begin in Bridge pose and extend the bridge shape by stretching your legs out one at a time toward the end of the mat. Allowing the inner legs to not touch together can be more gentle on the low back.

Welcome to this 15-minute Yin Yoga class for beginners, where we'll gently explore the Supported Bridge Pose (Setu Bandhasana).



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