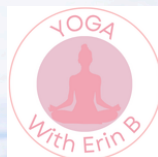


A free download

# Grief Relief Yin Yoga poses to try at home





I have put together 5 of my favorite Yin Yoga poses for you to practice at home. These have helped me tremendously and I sincerely hope that they can help you too.

When practicing Yin Yoga for grief relief, it is important to create a safe and supportive environment, both physically and emotionally.

After losing Dakota, the only thing I could do was gentle Yin Yoga. I have created this download with hopes that you will get some relief from your grief.

Put on a nice playlist, if you don't have one, ask me and I can send you one.

Let what ever you feel, come up. Acknowledge your feelings and work through them. Try to just breath deeply in and out of your nose. Inhale long and deep, exhale even longer if you can.

Always consult with your Dr before taking on a new exercise routine.

I initially, purposefully excluded Sevasana (Corpse pose) from this as I could not bring myself into this pose for at least a year. You can end your time in a seated meditation or Sevasana

I teach on line on zoom when you are ready let me know.

yogawitherinb@gmail.com or through my website [www.yogawitherinb.com](http://www.yogawitherinb.com)

Yours in Yoga

Much love

*Erin*

**Dakota's mom**

# Tips for setting up a perfect space.



- 01 Find a space free from distractions.
- 02 Make sure there is a flat surface for balance.
- 03 If you're lucky enough to have an outdoor area, practice there. It's always nice to be around nature.
- 04 If not, make your space calm and relaxing with indoor plants or essential oils.
- 05 Gather all your yoga props and keep them in one area.



# Yin Yoga

Yin Yoga is a gentle and restorative form of yoga that can be a helpful tool for managing grief and emotional pain.

The practice involves holding poses for an extended period of time, typically 3-5 minutes or longer, which can help release tension and promote relaxation.

## 3 Simple principles of Yin Yoga

- Come into the pose to an appropriate depth . Allow your body a space to open up and invite you to go deeper. No pushing, allow gravity to do the work
- Resolve to be still. Once we have found the edge, we settle into the pose and let go of moving
- Rest in the posture for some time. Set your goal for 1 to 2 minutes to start, and work your way up.

Props you may require.

- 2 blocks or Cushions
- A bolster or rolled up blanket
- A yoga mat or towel/blanket
- A playlist of songs on spotify
- A watch or timer

Term and conditions of downloading this material

This serves to confirm that you agree that any yoga class that you take is at your own free will, and that you will in no way hold Yoga with Erinb any way liable for any injuries known or unknown caused by participation in a yoga class. Please always check with your doctor before starting yoga or any other exercise practice.

# Make a bolster with a pillow or 2 rolled up in a towel



# Childs Pose with a bolster





# Childs Pose Set Up

Child's pose is a restorative yoga pose that can help to calm the mind and relax the body.

Here are the steps to get into Child's Pose:

1. Start on your hands and knees, with your hands shoulder-width apart and your knees hip-width apart, or together. (Whatever feels best for your body).
2. Lower your hips back towards your heels, stretching your arms out in front of you, or down by your side. If you are using a bolster, now is the time to put it between your thighs.
3. Rest your forehead on the mat or a block or bolster and take a few deep breaths.
4. Relax your shoulders and let them drop towards the mat.
5. Stay in Child's Pose for as long as feels comfortable, taking deep breaths and focusing on your breath.
6. When you're ready to come out of the pose, slowly lift your forehead off the mat and sit back up on your heels.



# Childs Pose Benefits



1. Stretches the hips, thighs, and ankles: As you sink your hips back towards your heels and reach your arms forward, you stretch the muscles in your hips, thighs, and ankles, which can help to relieve tension and tightness.
2. Calms the mind and reduces stress: Child's Pose is a calming and grounding posture that can help to reduce stress and anxiety. When you rest your forehead on the ground, it can stimulate the parasympathetic nervous system, which helps to promote relaxation.
3. Relieves back and neck pain: Child's Pose gently stretches the muscles in the back and neck, which can help to relieve pain and tension in these areas.
4. Improves digestion and circulation: The gentle compression of the abdomen in Child's Pose can help to stimulate digestion and improve circulation in the body.

Overall, practicing Child's Pose as part of a Yin yoga sequence can be a great way to find relaxation, release tension, and improve overall physical and mental wellbeing.

Childs pose can be done using a block to support the head and a blanket under the bottom, and if necessary under your knees too.



# Supported Puppy





# Supported Puppy Set Up

Supported Puppy pose is a restorative yoga pose that helps to release tension in the shoulders, neck, and back, and is a great pose for calming the mind and relieving stress. Here's how to set it up:

1. Start by kneeling on the floor with your knees hip-distance apart and your toes touching.
2. Place a bolster or a rolled-up blanket in front of you, perpendicular to your thighs.
3. Lower your torso onto the bolster or blanket, extending your arms forward with your palms facing down.
4. Allow your forehead to rest on the bolster or blanket, and release your neck and shoulders. If your head reaches the mat support your chest with the bolster or block.
5. Keep your hips over your knees and your arms extended in front of you.
6. Stay in the pose for 5-10 minutes, breathing deeply and letting go of any tension in your body.
7. When you're ready to come out of the pose, slowly lift your torso back up and come to a seated position.

Note: If you don't have a bolster or blanket, you can also use a stack of pillows or yoga blocks to support your torso.

# Supported Puppy Benefits



1. Stretches the spine: Supported Puppy pose is a great stretch for the spine, especially the upper back and neck area. It helps release tension and tightness in these areas, improving spinal flexibility and reducing back pain.
2. Opens the chest and shoulders: By extending the arms forward and resting the forehead on the ground, this pose also helps open the chest and shoulders, improving posture and reducing tension in these areas.
3. Calms the mind: The forward bending position of Supported Puppy pose has a calming effect on the mind and body, helping to reduce stress, anxiety, and mental fatigue.
4. Increases blood flow: As the head is lowered, blood flow to the brain is increased, which can help improve focus, concentration, and memory.
5. Relieves tension in the hips: The gentle hip flexion and extension that occurs in this pose can help release tension and tightness in the hips, which can be especially beneficial for those who sit for long periods of time.
6. Improves digestion: By compressing the abdomen, this pose can stimulate digestion and relieve digestive discomfort.

Overall, practicing Supported Puppy pose is a great way to release tension, improve flexibility, and calm the mind. It is a great pose for beginners and experienced yogis alike, and can be modified for those with injuries or physical limitations.

# Broken Wing



# Broken Wing Set Up

1. Lay on your stomach, with your arms out stretched at shoulder height, in a T. (90 degrees) or for a deeper stretch, cactus the arms.
2. Press your left hand into the floor to roll onto the right side of your body.
3. Bend you knees and relax your head to one side.
4. After a few minutes, do the same thing on the other side.



# Broken Wing Benefits

Broken Wing pose is a great pose to release tension in the shoulder blade region of the back.

1. It stimulates the Small Intestine (SI) energy meridian (deep back arm fascial line) in the body, which is responsible for the mobility in the back of the shoulders and side of the neck.

2. It also helps regulate proper sleep cycles, memory capacity and the overall health of our nervous system.

3. It can help us to feel more balanced experience a deep sense of calm.



# Broken Wing with cactus arms



# Supported Fish





# Supported Fish Set Up

- Start by placing a bolster or a rolled-up blanket on your yoga mat. The bolster should be positioned lengthwise so that it runs parallel to the long edge of your mat.
  1. Sit in front of the bolster with your knees bent and your feet flat on the mat. Your sit bones should be touching the mat.
  2. Lie back on the bolster, so that the bolster supports your spine from your lower back to your head. Your head should be supported by the bolster, and your shoulders should be relaxed.
  3. Extend your arms out to the sides of your body, palms facing up. Allow your arms to rest on the mat, with your elbows bent at a comfortable angle.
  4. Allow your chest to open up, and breathe deeply into your belly. You can stay in this position for as long as you like.
  5. To come out of the pose, gently roll off the bolster to one side and sit up slowly.

Remember to listen to your body and adjust the bolster as needed to find a comfortable position. You can also add additional props such as blocks or blankets to support your head or neck if needed. Always consult with a qualified yoga teacher before attempting any new poses or if you have any health concerns.



# Supported Fish Benefit

Supported fish pose is a restorative yoga posture that offers many benefits for the mind and body.

1. Relieves stress and anxiety: Supported fish pose can help calm the nervous system and promote relaxation, reducing stress and anxiety.
2. Opens the chest and heart: The use of props in supported fish pose allows the chest and heart to open up, promoting deeper breathing and improving lung capacity. This can also lead to an increased sense of emotional openness and connection.
3. Stretches the spine: The gentle arching of the spine in supported fish pose helps to lengthen and stretch the muscles along the spine, promoting improved flexibility and range of motion.
4. Improves digestion: The gentle pressure applied to the abdomen in supported fish pose can help stimulate digestion and relieve constipation, bloating, and other digestive issues.



# Reclined Twist





# Reclined Twist Set Up

1. Lie on your back on a yoga mat with your arms extended out to the sides, palms facing down.
2. Bend your knees and bring them up towards your chest.
3. Exhale and drop both knees to the right side of your body, using your left hand to gently guide them down.
4. Keep both shoulders on the mat and turn your head to the left.
5. Stay in this position for 2 or more minutes, feeling the stretch in your lower back and hips.
6. Inhale and bring your knees back to the center.
7. Repeat the twist on the opposite side by exhaling and dropping your knees to the left, using your right hand to gently guide them down.
8. Stay in this position for 2 or more minutes, feeling the stretch in your lower back and hips.
9. Inhale and bring your knees back to the center.

It's essential to move slowly and mindfully into this pose, respecting your body's limits and not forcing the stretch beyond what feels comfortable. Remember to breathe deeply and relax your body throughout the practice.



# Reclined Twist Benefits

1. **Spinal Mobility:** Reclined twist helps improve the flexibility and mobility of the spine, reducing stiffness and tension in the back.
2. **Improved Digestion:** This pose stimulates the digestive system, helping to alleviate digestive problems such as bloating, constipation, and gas.
3. **Relaxation:** Reclined twist is a calming pose that can help reduce stress and anxiety, promoting a sense of relaxation and well-being.
4. **Detoxification:** The twisting motion of this pose helps to massage and stimulate the internal organs, which can aid in the elimination of toxins from the body.
5. **Improved Circulation:** The twisting motion also helps to improve blood flow to the spine, which can enhance overall circulation and oxygenation of the body.
6. **Relief from Back Pain:** This pose can help alleviate back pain by releasing tension in the muscles and joints of the back and hips.

Overall, reclined twist is an excellent pose for improving flexibility, promoting relaxation, and supporting overall health and well-being.



# Sevasana

Savasana is where everything comes together. After movement and breath, the body is given space to fully absorb the practice. This is not just rest. It is integration, healing, and deep nervous system reset.

You lie comfortably on your back, allowing the body to completely release. Legs extend naturally, feet fall open, and arms rest slightly away from the body with palms facing up. The eyes gently close.

If needed, you can place a cushion under the knees to support the lower back, a folded blanket under the head, or cover the body for warmth. The goal is effortless comfort so the body can soften without distraction.

In stillness, the breath returns to its natural rhythm. Muscles release, the mind quiets, and the nervous system shifts out of stress and into repair.

This is where tension dissolves, where the body recalibrates, and where a sense of calm and clarity begins to emerge.

Even just a few minutes of Savasana can:

Reduce stress and anxiety

Lower heart rate and blood pressure

Improve mental clarity

Support emotional balance

Promote deep physical recovery

Savasana is often the most important part of the practice. It teaches the body how to let go, how to receive, and how to simply be.

# Sevasana



Please do not skip this important pose. It allows your body to rest and digest all the movements you have done to take care of yourself.

Stay here a little longer, allowing your body to soften, your breath to settle, and everything you've moved through to quietly land within you.