

# Yinposes

by Rene Smit



Corpse Pose



Puppy Dog Pose



Ankle Stretch Pose



Banana Pose



Bound Angle Pose



Half Butterfly Pose Variation  
Forward Bend



Camel Pose



Cat Tail Pulling Pose B



Caterpillar Pose



Child Pose



Dangling Pose



Deer Pose



Twisted Dragon



Frog Pose I



Happy Baby Pose



Supine Spinal Twist Pose II



Reclining Hero Pose



Shoelace Pose



Plough Pose



Sphinx Pose



Seal Pose



Firelog Pose



Squat Pose



Seated Straddle Pose



Sleeping Swan Pose



Pigeon Pose



Urdhva Mukha Pasasana A



Pentacle Pose



Reclining Eagle Spinal Twist Pose