

PAULIE ZINK'S

# YIN & YANG YOGA

PART 2



## CROSS LEG HEAD TO TOE

**Element:** Wood

**Benefits:** Lower back, hamstrings, calves, and ankles flexibility.

**How to:** Begin sitting with legs together and straight out in front of you.

Bend the knee of one leg, bring it up and place it on top of opposite leg so that the knee of the top leg is resting on the knee of the lower leg. Bring the foot of the top leg as close to the opposite hip as possible.

Grab hold of the foot of the lower leg with both hands. Fix

your gaze on the big toe and lower your torso until your chest is resting on the top knee.

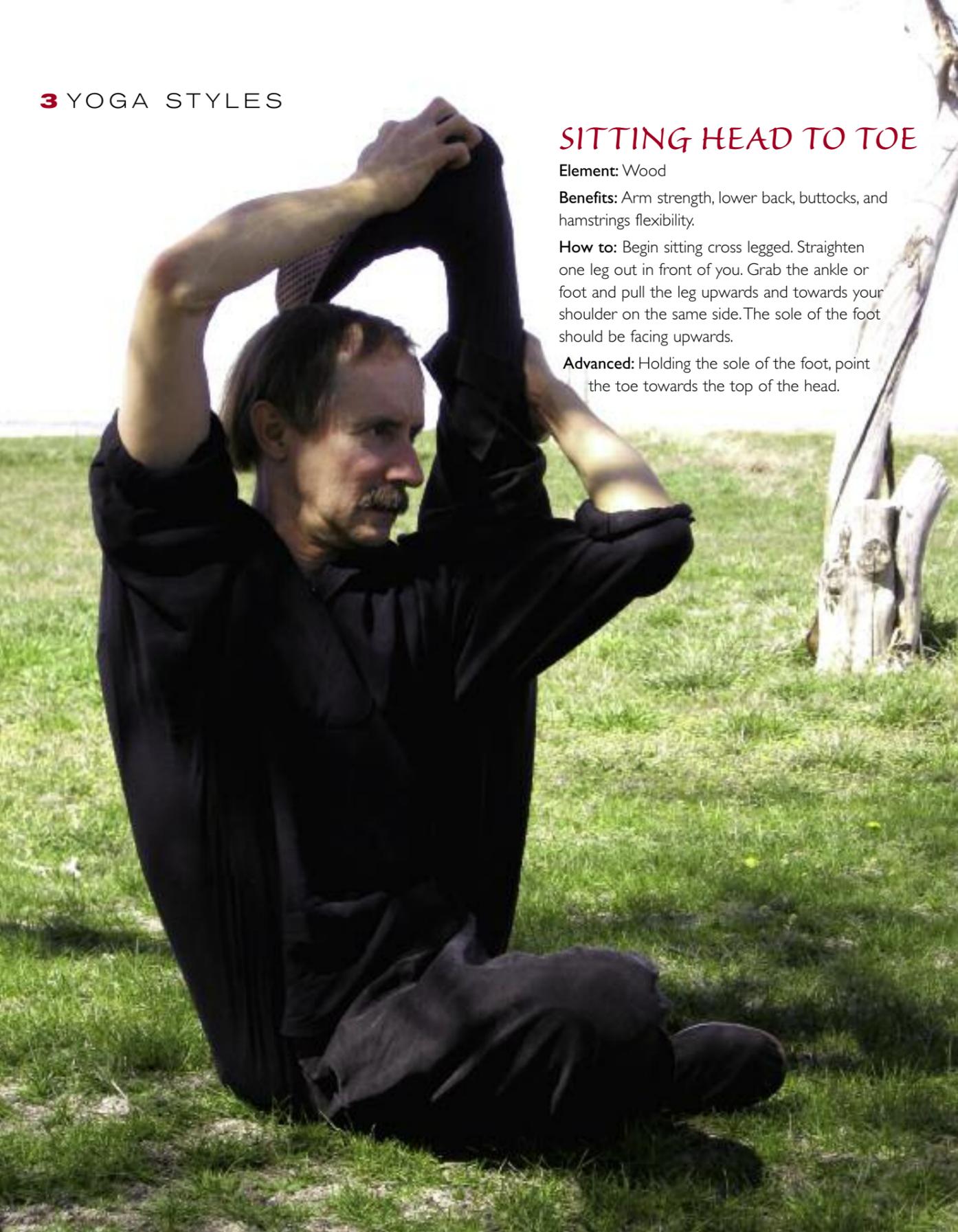
Now bending the ankle, pull the ball of your foot towards your forehead (the third eye) as far as you can.

## CROSS LEG CHIN TO TOE

**Element:** Wood

**Benefits:** Same as Cross Leg Head to Toe plus more hamstring flexibility.

**How to:** Begin in the Cross Leg Head to Toe posture. Looking out over the foot bring the chin to the big toe.



### SITTING HEAD TO TOE

Element: Wood

**Benefits:** Arm strength, lower back, buttocks, and hamstrings flexibility.

**How to:** Begin sitting cross legged. Straighten one leg out in front of you. Grab the ankle or foot and pull the leg upwards and towards your shoulder on the same side. The sole of the foot should be facing upwards.

**Advanced:** Holding the sole of the foot, point the toe towards the top of the head.

### ADVANCED

Element: Wood

**Benefits:** Same as Sitting Head to Toe, plus shoulder, pelvic and hip flexibility.

**How to:** Begin sitting cross-legged. From the inside of the leg

hook one arm under the same side leg so the elbow is under the knee and the hand is on the outside of the leg. With the same hand grab the outer edge of the foot. Also grab the foot with the opposite hand. Then straighten the knee and pull the leg behind the same side shoulder. Point toe towards top of head.



### FROG

Element: Water

**Benefits:** Fluidity and balance.

**How to:** Begin in a cross-legged position. Raise both legs off the ground with knees bent and feet a little more than shoulder width apart. Raise both arms and position hands as though you are holding a large ball. Feel as soft and fluid as a bag of water.

Gently move your hands in a circular motion (the left hand clockwise, the right hand counter-clockwise) as if you are pulling water towards you.

Gently kick the feet out and in, in unison with the hands.

### UPRIGHT FROG

Element: Wood

**Benefits:** Shoulders, wrists, elbows, hips, lower back, hamstrings, and calves flexibility.

**How to:** Begin from Frog position. Place the palms on the ground between your legs and close to your body. Straighten both legs as high as possible while leaning your torso forward. You can press your upper arms against the back of the knees to help push the legs backwards.





## RABBIT

**Element:** Wood

**Benefits:** Groin, hip, and buttocks flexibility.

**How to:** Begin by lying on your back with legs together and straight, elbows and wrists bent, and hands parallel resting on your abdomen.

Lift one leg up, bend the knee and grab onto the sole of the foot with both hands.

Keeping the leg close to your body, pull the leg as far down as possible until the knee touches the ground.

Flex the ankle downward as much as possible.

## RABBIT, ADVANCED

**Element:** Wood

**Benefits:** Same as Rabbit, plus knee and further hip flexibility.

**How to:** Begin from Rabbit position. Wrap the same side arm around the outside edge of the foot, so that the ankle is cradled inside the bend of the elbow. Pull the heel towards your chest.

## PIGEON

**Element:** Wood

**Benefits:** Thighs and hip flexibility.

**How to:** Begin from Stump posture. Keeping knees together, roll to one side until leg is touching the ground. Slide the top leg straight behind you. Leave the front leg in position with heel as close to body as possible.

Bend the knee of the backward leg and grab the ankle or foot with the same side hand. Pull the foot towards your same side hip.



### STANDING CRAB

**Element:** Metal

**Benefits:** Leg strength, lower back, shoulders, knees, ankles, and toes flexibility.

**How to:** Begin from a standing position with legs about shoulder width apart. Bend forward, bending the knees slightly, and reach the arms through the legs behind you.

Bend the elbows so that the inside of each elbow is behind the knee of the same side.

Face the palms facing forward as much as possible.

Lift up on the balls of the feet as high as you can. Look forward.

### THE GAZING PHILOSOPHER

**Element:** Metal

**Benefits:** Back of the legs, lower back, and buttocks flexibility.

**How to:** Begin from a standing position. Place your hands on your hips. Keep the knees locked.

Bend forward, sliding your hands down your legs to your ankles. Look back behind you through your legs.

Reach your arms around the outside of your legs. Wrap the elbows around the knees. Pull your torso as close to your legs as possible.

