

YOGA FOR EVERYBODY

YOGA PRACTICES FOR EVERYBODY AND EVERY BODY.
BECOME FLEXIBLE, HEALTHY & HAPPY IN BODY, MIND AND HEART.



Easy tips & tricks

Let these Tips & Tricks guide you during your Yin Yoga Practice.

Go get your yoga props

- + Yoga Mat / + Towel / + Blanket /
- + Pillows / + Scarf / + Eye pillow /
- + Wear warm clothes.



Alternatives for a Yoga mat:

Bed, mattress, duvet, blanket, towel, scarf, rug or carpet.



Start your practice

Props ready? Let's begin! Sit down.
How? Try ...

- > Hero's Pose
- > Easy Pose

Alternative seated pose:

- > Sit down on a sofa or chair.

Watch Yoga Posture Basics on:

www.youtube.com/c/YinYogawithMarianne



Anchor your intention

Acknowledge your intention
& create a ritual for your practice.

Try ...

- * *Hands on the heart.*
- * *One hand on the heart, one on the belly.*
- * *Both hands on your belly.*
- * *Both hands in your lap.*
- + Repeat your intention quietly or out loud.
- + Bow to your heart and anchor it!

Tip: Do this ritual at the beginning and end of your practice.

Choose an intention

Think about it: Why do you practice Yoga? Your intention can be ...

- > *I am flexible.*
- > *I am healthy.*
- > *I am happy.*

Tip: By saying 'I am' you are making it happen now already and not in a distant future.



Let me design a Personal Yin Yoga Practice Poster with more Tips & Tricks for you:

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MORE YOGA RITUALS

You can use one or more of these rituals to spark your Yoga practice. Your intention is like a wish and goal. You keep it in mind during your practice & you let it inspire you.

Burn white sage

Clean your space by burning white sage to clear the room and to create a sacred space. Don't exaggerate here. You will know why in case you do. Just give the space a scent of the white sage, not more.

Burn incents

Clean your space by burning incents to clear the room and to create a sacred space. Be modest here too, just like with the white sage.

Use essential oils

Use essential oils on the skin, for example on the inside of your wrists. Don't put it on your hands. It can make your hands slippery. Or burn some essential oils so that the pleasant fragrance spreads in the room.

Use cards

Buy a set of cards that already have intentions or insights on them. Let these cards guide you. How? By pulling one out of the deck of cards. You will pull the card that is right for you.

Write your intention down

Simply write your intention down and put it in front of you during your Yoga practice, so that it can be a gentle and constant reminder of your wish(es).

Use an image or symbol

Find an image or symbol that represents your intention and or wishes. Put it in front of you during your Yoga practice. Let it be a gentle and constant reminder of your wish(es).



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