


THE YIN YOGA CUE BANK



LESLEY LEAKE



Yin yoga can be more introspective than its yang counterparts; you might consider using cues that allow for exploration of the pose, body, breath, and mind.

Additionally, yin takes people close to the edge of their flexibility so that underlying connective tissue can be stimulated; but, that edge will be different for every student.

It can be helpful to teach poses in steps (kramas) and to use language that invites self-study.

The page that follows contains a list of general cues that work well in a yin yoga class. Again, if the cues resonate with you, use them, and if they don't - then don't. These cues are simply a starting point for your own exploration of language and cueing in yin yoga.

Cue 01.

Close the eyes or allow the gaze to be unfocused; turn your attention inward

Cue 02.

Search into the furthest recesses of the body to find where you can soften

Cue 03.

Inhale, notice any tension as the body expands; exhale, soften and let the tension go

Cue 04.

Stay where you are, or move closer to your edge

Cue 05.

Take a moment here to notice your breath

Cue 06.

Allow the muscles throughout the body to relax

Cue 07.

Take 3 more slow rounds of breath here