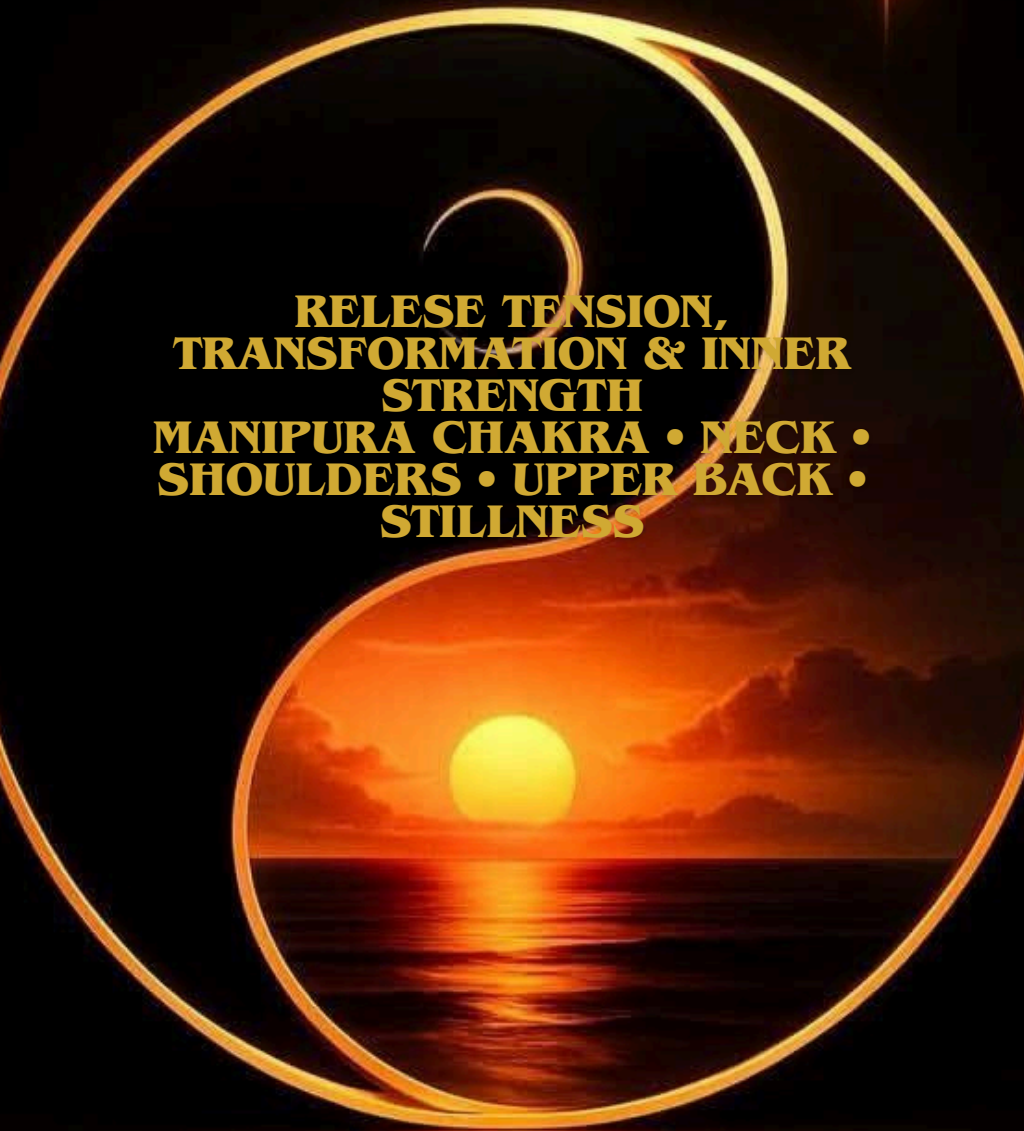


YIN YOGA FIRE ELEMENT

**RELEASE TENSION,
TRANSFORMATION & INNER
STRENGTH
MANIPURA CHAKRA • NECK •
SHOULDERS • UPPER BACK •
STILLNESS**



WELCOME TO SUMMER FIRE

INTRODUCTION TO YIN YOGA

WHAT IS YIN YOGA?

YIN YOGA IS A SLOW, MINDFUL STYLE OF YOGA THAT INVITES US TO PAUSE, SOFTEN AND BECOME MORE AWARE OF THE BODY, BREATH AND MIND.

UNLIKE MORE DYNAMIC STYLES OF YOGA, YIN GENERALLY INVOLVES FEWER POSES, HELD FOR A LONGER PERIOD OF TIME. RATHER THAN MOVING QUICKLY FROM ONE POSTURE TO ANOTHER, WE SETTLE INTO A COMFORTABLE POSITION AND ALLOW OURSELVES TIME TO EXPERIENCE THE SENSATIONS THAT ARISE.

YIN IS NOT ABOUT HOW DEEPLY YOU CAN STRETCH OR HOW PERFECTLY YOU CAN PERFORM A POSE. IT IS AN OPPORTUNITY TO SLOW DOWN, LISTEN AND BECOME PRESENT.

IN A BUSY WORLD WHERE WE ARE OFTEN ENCOURAGED TO KEEP MOVING, ACHIEVING AND DOING, YIN OFFERS SOMETHING VERY DIFFERENT: STILLNESS.

WELCOME TO SUMMER FIRE

**A JOURNEY INTO STILLNESS, BREATH & INNER
STRENGTH**

**WELCOME TO SUMMER FIRE, A GENTLE YIN YOGA
PRACTICE CREATED TO HELP YOU SLOW DOWN,
RELEASE EVERYDAY TENSION AND RECONNECT WITH
YOUR BREATH AND INNER AWARENESS.**

**THIS PRACTICE BRINGS TOGETHER THE QUIET,
REFLECTIVE QUALITIES OF YIN YOGA WITH THE
SYMBOLIC ENERGY OF THE FIRE ELEMENT AND THE
TRADITIONAL YOGIC TEACHINGS OF MANIPURA, THE
SOLAR PLEXUS CHAKRA.**

**FIRE CAN REPRESENT WARMTH, VITALITY,
TRANSFORMATION AND INNER STRENGTH.
BUT FIRE DOES NOT ALWAYS NEED TO BURN BRIGHTLY.
SOMETIMES WE NEED TO ALLOW THE FLAME TO
BECOME QUIET.**

**IN THE SAME WAY, OUR LIVES CAN BECOME FILLED
WITH ACTIVITY, RESPONSIBILITIES, THOUGHTS AND
DEMANDS. WE MAY FIND OURSELVES CARRYING
TENSION IN OUR SHOULDERS, NECK, UPPER BACK AND
SPINE WITHOUT EVEN REALISING IT.**

**THIS PRACTICE OFFERS YOU PERMISSION TO PAUSE.
TO BREATHE.
TO SOFTEN.
TO LISTEN.
AND SIMPLY TO BE.**

THE INTENTION FOR THIE SUMMER FIRE ELEMENT YIN YOGA PRACTICE...

YOUR INTENTION

**BEFORE BEGINNING YOUR PRACTICE, TAKE A
MOMENT TO CONSIDER WHY YOU ARE HERE TODAY.
YOU DON'T NEED TO ARRIVE WITH A PARTICULAR
GOAL. PERHAPS YOU ARE FEELING STRESSED OR
PHYSICALLY TENSE. PERHAPS YOUR MIND FEELS
BUSY. MAYBE YOU SIMPLY NEED SOME QUIET TIME
FOR YOURSELF.**

**WHATEVER HAS BROUGHT YOU HERE, ALLOW YOUR
PRACTICE TO BE AN OPPORTUNITY RATHER THAN
ANOTHER TASK TO COMPLETE.**

YOUR INTENTION FOR THIS PRACTICE IS:

**"I GIVE MYSELF PERMISSION TO SLOW DOWN.
I RELEASE THE NEED TO FORCE OR ACHIEVE.
WITH EACH BREATH, I SOFTEN MY BODY AND QUIET
MY MIND.**

**I CONNECT WITH MY INNER STRENGTH AND ALLOW
STILLNESS TO CREATE SPACE WITHIN ME."**

PERHAPS YOUR INTENTION IS SIMPLY:

I CHOOSE PEACE.

I CHOOSE STILLNESS.

I CHOOSE TO LISTEN TO MY BODY.

I CHOOSE TO BREATHE.

WORKING WITH TENSION

AS YOU MOVE THROUGH THE PRACTICE, YOU MAY
BECOME AWARE OF AREAS WHERE YOU HABITUALLY
HOLD TENSION.

THE NECK.

THE SHOULDERS.

THE UPPER BACK.

THE CHEST.

THE SPINE.

RATHER THAN TRYING TO FORCE THESE AREAS TO
RELEASE, SEE IF YOU CAN APPROACH THEM WITH
CURIOSITY.

ASK YOURSELF:

CAN I SOFTEN WITHOUT FORCING?

CAN I BREATHE INTO THIS SENSATION?

CAN I ALLOW MY BODY TO BE EXACTLY AS IT IS
TODAY?

YIN YOGA IS NOT ABOUT ACHIEVING THE DEEPEST
POSSIBLE STRETCH.

IT IS ABOUT DEVELOPING A RELATIONSHIP WITH
YOUR BODY THROUGH AWARENESS, PATIENCE AND
STILLNESS.

YOUR INNER FIRE

THE FIRE ELEMENT GIVES US ANOTHER BEAUTIFUL
THEME FOR THIS PRACTICE.

IN THE YOGIC CHAKRA TRADITION, FIRE IS
TRADITIONALLY ASSOCIATED WITH MANIPURA, THE
SOLAR PLEXUS CHAKRA.

MANIPURA IS OFTEN CONNECTED SYMBOLICALLY
WITH:

- INNER STRENGTH
- CONFIDENCE
- TRANSFORMATION
- VITALITY
- PERSONAL POWER
- PURPOSE

FOR THIS PRACTICE, WE DON'T NEED TO THINK OF
INNER FIRE AS SOMETHING INTENSE.
INSTEAD, IMAGINE A SMALL, STEADY FLAME WITHIN
YOU.

IT DOESN'T NEED TO BE FORCED BRIGHTER.

IT SIMPLY NEEDS SPACE TO BE NOTICED.

AS YOU BECOME STILL, ASK:

WHAT GIVES ME STRENGTH?

WHAT AM I READY TO TRANSFORM?

WHAT COULD I RELEASE?

WHERE COULD I TRUST MYSELF MORE

COMING INTO STILLNESS

YIN ASKS US TO EXPERIENCE SOMETHING THAT
CAN BE SURPRISINGLY DIFFICULT IN MODERN
LIFE:

DOING LESS.

THERE IS NO NEED TO RUSH THROUGH THIS
PRACTICE.

THERE IS NO NEED TO COMPARE YOURSELF WITH
ANYONE ELSE.

THERE IS NO PERFECT POSE TO ACHIEVE.
INSTEAD, ALLOW YOURSELF TO BECOME CURIOUS
ABOUT THE SENSATIONS, THOUGHTS AND
FEELINGS THAT ARISE.

YOUR BREATH IS YOUR COMPANION
THROUGHOUT THE PRACTICE.

WHEN THE MIND WANDERS, GENTLY RETURN TO
THE BREATH.

WHEN YOU NOTICE TENSION, SOFTEN WHERE YOU
CAN.

WHEN YOU FEEL THE URGE TO MOVE, PAUSE AND
ASK WHETHER MOVEMENT IS TRULY NEEDED.

AND ALWAYS REMEMBER THAT YOU CAN CHANGE
THE POSITION, COME OUT OF A POSE OR REST
WHenever YOUR BODY ASKS YOU TO.

Before You Begin

Create a quiet space where you won't be disturbed.

You may wish to have:

- A yoga mat
- One or two cushions or bolsters
- A blanket
- A yoga block, if you have one
- Comfortable clothing

Give yourself permission to practise slowly.

There is nowhere else you need to be.

Take three breaths.

Inhale: I arrive.

Exhale: I soften.

Inhale: I create space.

Exhale: I let go.

Then allow your breath to return to its natural rhythm.

Begin your practice with this thought:

"Today I don't need to do more.

Today I give myself permission to be still."

TENSION IN THE NECK, SHOULDERS & SPINE

WHERE DO YOU HOLD YOUR STRESS?

**THIS CHAPTER MAKES THE EBOOK PRACTICAL.
EXPLAIN HOW DAILY LIFE CAN CONTRIBUTE TO
TENSION THROUGH:**

- **SITTING AT A DESK**
- **DRIVING**
- **PHONE AND COMPUTER USE**
- **REPETITIVE ACTIVITIES**
- **POOR OR UNCOMFORTABLE POSITIONING**
- **LACK OF MOVEMENT**
- **EMOTIONAL STRESS**

**MANY PEOPLE UNCONSCIOUSLY RAISE THEIR
SHOULDERS, TIGHTEN THEIR JAW OR BRACE
THROUGH THEIR UPPER BACK AND NECK WHEN
STRESSED.**

**GENTLE AWARENESS RATHER THAN AGGRESSIVE
STRETCHING.**

**"RATHER THAN TRYING TO FORCE THE NECK TO
RELEASE, BEGIN BY NOTICING WHETHER YOU CAN
SOFTEN THE JAW, LOWER THE SHOULDERS AND
BREATHE."**

SHOULDERS

**EXPLORE THE FAMILIAR FEELING OF "CARRYING THE
WEIGHT OF THE WORLD."**

ASK:

**"WHAT AM I CARRYING THAT I COULD PUT DOWN,
EVEN FOR A FEW MINUTES?"**

Upper back & spine

Gentle movement and different positions can encourage comfortable mobility and awareness.

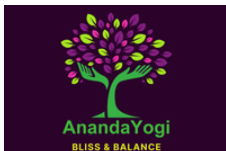
Your practice focus

six poses work beautifully here:

- Melting Heart
- Child's Pose
- Open Wing
- Supported Fish
- Twist with arms overhead
- Banana Pose

Explain that the sequence moves progressively through shoulders, arms, chest, upper back and side body before finishing in stillness.

ANAHATASANA HEART MELTING POSE or EXTENDED PUPPY POSE

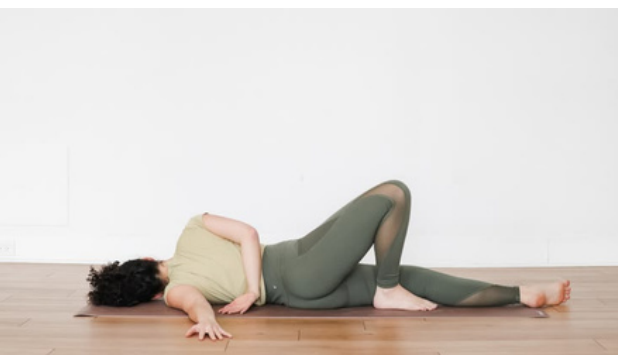


CHILD'S POSE

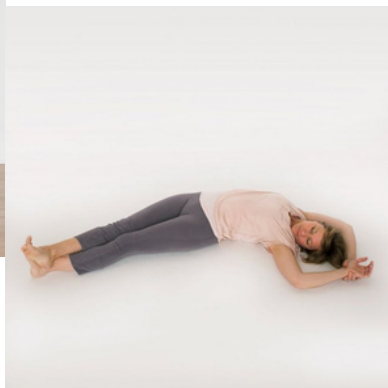


- Stretches the back, hips, thighs, ankles, and shoulders
- Reduces stress and anxiety
- Alleviates back pain
- Aids digestion
- Improves circulation

Open wing pose



Banana asana



Supported Fish



Reclined Twist

Supta Matsyendrasana



Fascia, Breath & Stillness

Exploring the Body Beneath the Surface

What is fascia?

Fascia as connective tissue that surrounds and connects structures throughout the body.

“Yin gives us time to notice subtle sensations and explore movement and stillness in a different way.”

Fascia & awareness

This slow practice can help people become more aware of:

- Areas of restriction
- Subtle sensations
- Changes in tension
- How breathing affects the body

Breath

Introduce the relationship between breathing and relaxation.

You could teach:

Inhale gently.

Exhale slowly.

Relax the jaw.

Soften the shoulders.

Incorporating the Solar Plexus

The Solar Plexus Chakra, or Manipura, is traditionally associated with the Fire element, inner strength, confidence, transformation and personal power. In this Summer Fire Yin practice, we bring gentle awareness to the solar plexus area through breath, stillness and mindful movement.

Rather than trying to force or activate anything, allow the practice to become an opportunity to connect with your inner warmth and strength. As you settle into each pose, breathe gently into the centre of your body and imagine creating space for confidence, clarity and renewal. Pause. Breathe. Soften. Connect with your inner fire. 🔥



Lymphatic system

The lymphatic system is part of the body's immune and fluid-balance system.

Gentle movement and normal breathing contribute to the body's natural fluid circulation.

“supports natural lymphatic circulation”

Your Summer Fire Yin Practice

Six Poses to Release, Soften & Reconnect

🔥 1. Melting Heart

Focus: shoulders • chest • upper back

Intention:

Opening without forcing.

Explore:

- Shoulder sensation
- Breath through the chest
- Relaxing the jaw
- Softening the upper back

Mindfulness cue:

“Can I soften without needing to go deeper?”

ANAHATASANA
HEART MELTING POSE
or
EXTENDED PUPPY POSE



2. Child's Pose

Focus: spine • back body • rest

Intention:

Surrender and grounding.

Explore:

- Forehead supported
- Relaxed shoulders
- Breath into the back ribs

Reflection:

“What can I allow myself to put down?”

CHILD'S POSE



- Stretches the back, hips, thighs, ankles, and shoulders
- Reduces stress and anxiety
- Alleviates back pain
- Aids digestion
- Improves circulation

3. Open Wing

Focus: arm • shoulder • chest

Intention:

Creating space.

Explore sensations along the arm and shoulder without forcing.

The traditional Heart and Small Intestine meridian pathways runs through the arms, these are TCM concepts.



4. Supported Fish

Focus: chest • shoulders • upper spine

Intention:

Openness and breath.

Use a bolster or cushions to make the pose restorative.

“Allow the chest to open gently as the breath moves naturally.”



5. Twist — Arms Overhead

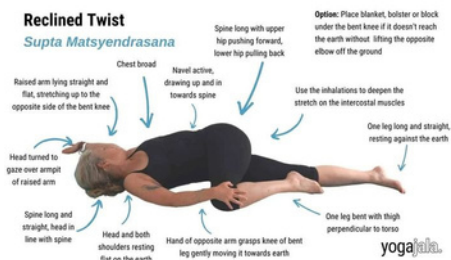
Focus: shoulders • upper back • spine

Intention:

Release and awareness.

Explore the sensation of rotation while keeping the breath soft.

The twist should be comfortable and never forced.



6. Banana Pose

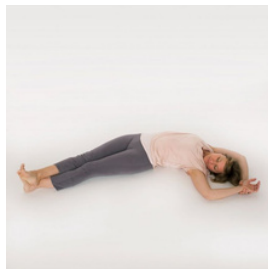
Focus: side body • ribs • breath

Intention:

Creating spaciousness.

Notice the breath moving into the side ribs.

“Breathe into the spaces you don't normally notice.”



Yin Fire Savasana

Rest in Your Inner Flame

Explain that after the physical practice, we allow the body and mind to become completely still.

The inner flame meditation:

“Imagine a small, steady flame within you. It doesn't need to become bigger. It doesn't need to burn brighter. Simply notice its warmth.”

Then:

Breathe in — receive.

Breathe out — release.

Rest — simply be.

“In stillness, we create space to listen—to the breath, to the body, and to the quiet wisdom within.”



Your Inner Fire

You don't have to burn brightly every day.

You are allowed to rest.

You are allowed to soften.

You are allowed to begin again.

Your inner strength doesn't always announce
itself.

Sometimes it is found in a quiet breath.

Sometimes in a moment of stillness.

Sometimes in choosing not to force.

Breathe. Soften. Be still.

Carry your inner fire gently.

Continue your practice with Ananda Mindful
Yogi/Divine Stillness

- 30-minute Summer Fire class
- Yin Yoga classes
- Pranayama
- Meditation
- Mindfulness
- Other ebooks
- Mindful Menopause course
a very natural journey:

Understand → Prepare → Practise → Reflect →
Continue.

Ananda Mindful Yogi (Youtube)