



**Franziska's notes of the**  
**300/500 h YTT with Rae Indigo**  
**Part 2: The Awakened Touch**

**2018 Bern**  
**Morning Practice Day 5**  
**Yin Yoga Class**

Today we're going to work a little bit more Tha.  
 It means, today your attitude should be one of continuingly tuning in,  
 as if nothing very interesting is happening outside.  
 We keep taking back our attention back to what is playing out in the internal landscape.  
 Noticing thoughts but not following them.  
 Being aware of emotions but not following them.  
 Noticing sensations but not following them (exception: unhealthy pain).  
 Just as if you were aware, but they're not loud

There are 9 beginner drishtis (gazes).  
 They give beginner students a place, to rest they're eyes,  
 with the hope, that once they're eyes are rested there,  
 they begin to return their attention back

Today I'm going to ask you to try practising more advanced drishtis.  
 Closing the eyes directly and just naturally directing your attention to the internal landscape.  
 For those of you, who have had explanation in bandhas and vayus, go into this level of the self, exploring and  
 activation the webs, begin playing with the subtle pranas.  
 What happens? What information comes?



walk your hands back / fingers facing forward / let your elbows bend  
 walk them back until you feel the shoulders stretch /gently sway from side to side  
 close your eyes / so ham breathing / bring your intention back to the internal landscape  
 walk your hands back a little bit further



draw right shoulder forward looking over the left  
 come back to neutral, draw your left shoulder forward  
 back to neutral



walk your hands a little bit further back  
 tuck your chin, lower your left ear towards your left shoulder  
 let the heaviness of your head squish the muscles on the shoulder  
 rock slightly / slowly come to the other side, rock slightly



come to neutral  
 allow your head to go all the way back, so it is hanging back  
 same thing, left ear to left shoulder, relaxing the muscles  
 and right ear to right shoulder



back to neutral / tuck your chin / walk your hands a little bit further back  
 now make circles with the ankles / and other direction

slowly straighten the arms / stretching the wrists / and roll up – stretch the fingers and release






right hand mushti mudra / place the back of the wrist place to your ribcage  
 catch the elbow with your right knee or use your hand and squeeze  
 gently rotate the shoulder internally / rock a little bit / close your eyes  
 slowly release / circles with your shoulder / other side






Interlace your fingers and turn your palms facing your back flat down to the mat  
 Keep your fingers interlaced or you can separate them  
 Begin sliding your arms back until you feel the stretch  
 With control draw yourself up and roll it out

Vinyasa 

   
 right foot on the block  
 10 x lift hips up and down



  
 hold




   
 left foot to the calf / both hips forward facing  
 straight back / forward fold  
 spread your toes / breath into the hamstring

  
 interlace your fingers  
 beneath your chin  
 open the spine with circles



  
 take your left hand behind you - fingers face back  
 lift hip up / extend the right side body  
 palm of the right hand faces down








   
 cross your ankles (garuda legs)  
 lean back on your elbows  
 roll a little bit side to side, massaging the lower back



    
 draw your left knee towards your left shoulder  
 extending the right leg out, spread your toes  
 find your right abdominals and try to draw them in,  
 tucking your pelvis a little bit  
 allow your face to become blissful / switch legs


  
 bring your knees together,  
 rocking a little bit side to side, massaging




   
 extend both your legs up and take the right one underneath  
 rotate your left foot, so that it is at a 90° angle  
 push with the left foot and pull with the right  
 lower the legs down and hover,  
 squeeze femur bones together, squeeze your belly  
 release and switch legs

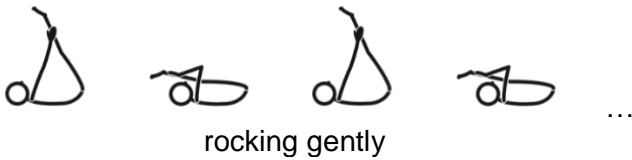
  
 lay down on your back - bend your knees – draw them towards your armpits  
 inhale fully exhale (ahhhhh) inhale fully exhale (ahhhh) inhale fully exhale (ahhhhh)

    ...  
 holding your calves - straightening the legs  
 spread toes – slide your hands down your calves  
 relax your belly - draw your chins towards your forehead  
 gentle rocking motion

  ...  
 bend right knee  
 taking your left hand behind your ankle  
 Very gently draw your foot towards  
 your face (not chest)  
 drawing in – release – drawing in –release

  
 Drawing your shin towards your forehead  
 micro pulsations  
 everything soft, just the arms are working

    
 arms over your head  
 hover right leg over the ground  
 to make it harder, pick up the left foot



rocking gently



happy baby



staff pose – lift and hold on blocks

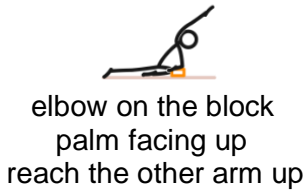
keep your feet active - hands free - fold the right knee out  
pick up the leg - place ankle on the other leg – pick it up again  
knee held high – extend and other leg - switch several times



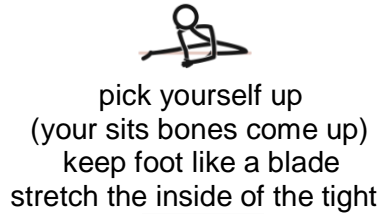
block between palms  
squeeze legs, heel off the mat  
hold - keep extending - tuck your chin



bring the block down in front of your heart - elbows out  
actively push the block



elbow on the block  
palm facing up  
reach the other arm up



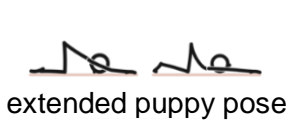
pick yourself up  
(your sits bones come up)  
keep foot like a blade  
stretch the inside of the thigh



toe tips up  
sweep arm up and reach  
as if someone is pulling the arm



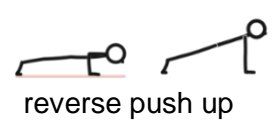
3 x up hold and down hold



extended puppy pose



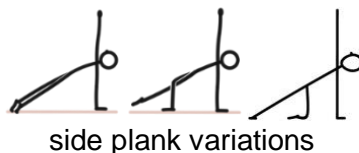
shoulder opener



reverse push up



Side stretch



side plank variations



always stabilize after opening in a yin yoga pose



4 min. / frog pose with bolsters  
become aware of thoughts – notice if your daydreaming  
come back to your breathing into your kidneys – low into the lungs  
meditate on the breathing- feel the prana swirl deeper – lower into the kidneys



place one foot in front of the other  
squeeze a little bit



extended puppy pose



lizard pose



four limbed staff pose




upward facing dog



transition


4 min. / pigeon pose



slight back bend      transition      foot to the calf - forward fold


neck stretch      transition      flow through vinyasa

4 min. / wide angle forward fold




transition      flow through vinyasa

4 min. / cow face pose with forward folding



flow through vinyasa

4 min. / reclining bound angle with bolster and strap



4 x vinyasa      cross legged forward fold

Shavasana



Legs up the wall (at least 10 min.)



5 Om's



with your next inhale, lifting arms over your head in invitation of light to your life  
 with the exhale drawing that in front of your heart in gesture of sharing with all beings  
 thank you for joining me in this morning practise today  
 Namasté