

# YIN Yoga Class



## Deep Tissue Stretch with Core Muscle Strengthening: A great Compliment to a Yang, Vinyasa, Flow

### The Yin Difference

There are two main principles of a yin practice that are different from a more yang (muscle strengthening and stretch flow) approach to yoga:

- Holding poses at your edge for at least several minutes (more than several breaths)
- Safely stretching the deep connective tissues to promote increased lubrication of joints

### Some of the Benefits of YIN:

- Improve or maintain shape of joints
- Unblocking the flow of vital energy throughout our body
- Increase body awareness and attention, to address the defensive reactivity to stress in and out of class
- Potentially finding answers to why you cannot get into that posture . . .
- And More



Yin Yoga is the perfect compliment and balance to your Vinyasa flow YANG practice. Come try the combination of Both styles of practice **Sunday mornings at 9:00am and/or Wednesdays at 5:45pm.**

Namaste

