



What Is Yin Yoga?

Yin Yoga is a beautiful yoga practice that provides the time and space to let go of physical, mental and emotional tension, and encourages you to be wise with your body. It is a practice that is nourishing for body, mind and soul and is a perfect complement to a regular Hatha or Hatha-flow style yoga practice, as well as our high-paced stressful lifestyles. It brings stillness to the body and mind, and balance to our whole being.

Yin Yoga a slow-paced practice; but, whilst it is slow, it can also be intense and challenging.

Yin Yoga focuses on your connective tissues (ligaments, tendons and fascia) and bones, and is wonderful for joint and bone health. The practice mainly targets the area below the navel and above the knees, eg, hips, pelvis, lower spine, inner thighs.

Practising Yin Yoga also stimulates and opens the body's meridian system, enhancing energetic flow and supporting emotional equilibrium.

A Yin Yoga session is made up of a series of floor postures which are held, passively, for extended periods of time, usually up to 5 minutes, but sometimes for longer. These longer holds bring release of deeply ingrained patterns of tension and restrictions that we carry as the result of sedentary lifestyles and ageing.

Benefits

Some benefits of Yin Yoga are:

- Feeling calm & balanced, mentally & physically
- Stress levels lowered
- Greater strength & stamina
- Prevention of injury
- Increased flexibility & mobility, especially hips
- Improved joint & bone health
- Regulated energy levels
- Increased ability to meditate

Practice Principles

There are three principles to bear in mind when practising Yin Yoga – playing edges, remaining still, holding the pose. These are what makes the practice Yin Yoga.

Playing Edges (softness)

Find the shape that works for you. Come to a depth of the pose that is appropriate for you, where you reach your natural limitation; don't go straight to your maximum stretch and certainly don't stretch in a way that causes pain. Always ask yourself how the pose feels in your body.

Remaining Still (stillness)

Remain still and allow the body to consciously release into the pose, unfolding and free-ing muscular tension, whilst the breath remains soft and natural rhythm, without strain or stress.

Holding the Pose (steadiness)

Hold the pose for a time with awareness, observing the constantly changing and ever-evolving sensations in the body, breath and mind. These subtle shifts in movement, space, tension, resistance, emotion are different from day to day, moment to moment, and from person to person.

The use of props when practising Yin Yoga helps you to be more comfortable in the shape that your body is taking. Props enable muscular release and relaxation, enabling you to reap the greatest benefit from your practice.

I strongly encourage you to give Yin Yoga a try and see how amazing this practice is for your whole being!!

