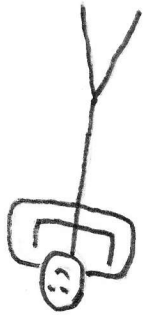

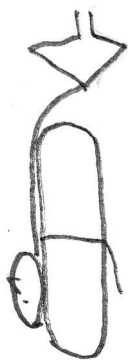

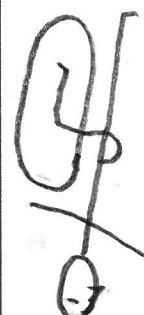



# Yin Yoga

Yin Yoga is a very gentle and calm Yoga practice where the postures are held in stillness for 3-5 minutes or longer. Deeper layers of tissues are addressed through the long held passive stretches where we don't apply muscular effort, but rather work with gravity and use props such as blocks or bolsters. Yin Yoga includes wisdom of Traditional Chinese Medicine and brings awareness to the flow of prana (life energy) in our meridians (energy channels in the body). Various poses address different meridians and help us to balance the five elements and their connected organs. Yin Yoga is a wonderful way to slow down in a busy world, to increase body awareness, restore life energy and to open up to the present moment. Always end each practice with at least 5-10 minutes of Savasana.

Yoga Poses	Physical benefit of the posture	Element	Meridian	Body Areas	Key Emotions
 Heart Opener with extended legs (over bolster)	opens the chest area, stretches the upper front body and inside of the arms	Metal	Lung Large Intestine	Chest, Shoulders, Lower Abdomen	Letting Go // Grief
 Child's Pose (with bolster)	relaxes the back muscles, calms down the nervous system	Fire	Heart Small Intestine	Chest, Diaphragm, Upper Back, Arms, Hands, Tongue	Love // Hate
 Lying Supta Baddha Konasana (over bolster)	opens the chest area, stretches the insides of the thighs & hips	Wood	Liver Gallbladder	General Flexibility, Sides of the body, Tops of Shoulders and between Shoulder blades, Inside of the legs	Compassion // Anger
 Seated Forward Fold (over bolster)	stretches the whole back side of the body	Water	Kidney, Urinary Bladder	Lower Back, Sacrum, Neck, Spine, Hamstrings and Calves	Fear // Trust, Confidence
 Lying Supine Twist (bolster to support the bent leg)	opens the chest area, stretches the front side of the arms and front side of the body, flexibility for the spine	Earth	Spleen Stomach	Front of Body, Abdomen, Feet	Contentment // Neediness, Worry
 Savasana Final Relaxation	relaxes the whole body, calms down the nervous system and mind				