



WHAT TO EXPECT

- Poses are typically held for between 2 & 10 minutes, or even longer
- Aims to find stillness and cool down the body

YIN YOGA

- A passive, slow-paced style focusing on seated and supine poses that are held for longer periods of time
- Introduced by Martial arts Paulie Zink in the late 1970s and explored later by Paul Grilley and Sarah Powers



YOGA
MONKEYS



BENEFITS

- Calms the mind
- Rather than strengthening the muscles (yang), the style targets deep tissues such as fascia and connective tissue (yin)
- Practice in focusing the mind and breathing techniques - to apply in daily life as well



FOR WHO

- People wanting to complement yang activities / yang lifestyle with a relaxed practice
- Athletes looking to stretch without exhausting themselves for future training sessions

NICETO KNOW

- Take time to get used to hold the poses for a longer period of time
- Yin = passive
- Yang = active