



# Conscious Retreats

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## What exactly is yin yoga?

- Yin yoga is a much slower practice than the more widely known, regular “yang” yoga practice. Yin yoga targets joints, deep connective tissues, ligaments, and even bones.
- This approach promotes flexibility and mobility in areas often perceived as non-malleable, or non-elastic, especially hips, pelvis, shoulders, and lower spine. Areas that carry a lot of tension, especially as you age.
- Yin yoga helps with stress, anxiety, and sleep. It calms down the sympathetic nervous system and activates the so-called “rest and digest” - your parasympathetic nervous system!
- Yin yoga stimulates and balances the flow of life force energy (also known as Chi or Prana) along what is known as Fascia in Western medicine, Nadis and Chakras in Ayurvedic Medicine, and Meridians in Traditional Chinese Medicine (TCM).
- In a yin yoga session, you come into poses at your appropriate range and depth. You stay within your level of flexibility and find your point of personal resistance or edge using props to support and hold the body.
- Poses are held for a minimum of 1-5 minutes. Resolve to remain still and allow time to open up and target yin tissues with long-held and reasonable amounts of traction. Depending on the level of experience, poses can be held for up to 20 minutes.