



Yin Flow or Yinyasa Yoga

A powerful pairing of two different disciplines of asanas / postures; Yin flow fuses the Yin style of long-held passive poses with the dynamic, Yang style of Vinyasa.

We work through the key elements of a vinyasa class at a slower pace and deconstruct the basic sequences (e.g. sun / moon salutations) as well as the more common Yang asanas, with a strong emphasis on relaxation.

Yin Flow or Yinyasa Yoga is a friendly introduction to Yoga, perfect for students which are new to yoga or looking for a gentle class. This class is suitable for all levels, from beginners to advanced. Each student benefits from individual attention and adjustments where necessary.

Morning classes begin with a Yin focus to open the body to more flexibility and energy flow, while encouraging a more contemplative, non-reactive quality of mind. After a few long held poses the class will move into a flow to strengthen and invigorate the body and mind. Overall this class is 75 minutes of self care.

Evening classes focus on Yinyasa; flowing movements requiring strength and balance. The heat and internal awareness generated burns off excess energy allowing for a quieting of the body and mind in order to drop more fully into Yin postures. These longer held poses are designed to release connective tissues and create space and integrity in the joints; allowing energy to flow through the body.

Benefits of a Yin Flow / Yinyasa class:

- Learn postures & develop correct alignment
- Build strength and tones muscles
- Boost confidence & increase muscle memory
- Relax and restore
- Release of mental and physical stress
- Acceptance of any emotions that arise
- Observation of inner peace
- Increased circulation and blood flow
- Improved flexibility and joint mobility