



BODHI
BREATHWORK & YOGA

Yin Yoga

Yin yoga is based on the Taoist concept of yin and yang, feminine and masculine, opposite and complementary principals in nature. Yin is the feminine; the stable, unmoving, hidden aspect of things. Yang is the masculine; the changing, moving, revealing aspect. Nothing is ever completely Yin or completely yang. Within our bodies, Yin is more passive while yang is more fiery and energetic. Yin and Yang styles ultimately create balance within the self.

At Bodhi Breathwork & Yoga we teach Yin classes, which include breathing techniques to relax or energize when needed. The ability to relax may be the most important quality for health, wellbeing and overall balance. When the body relaxes, all acupuncture energy channels (Nadi's / Meridians) are free, and pathological patterns are reversed resulting in radiant health, more energy and positive emotions.

Yin Yoga poses are designed to improve the flow of Qi / Prana / Life force, the subtle energy said in Chinese medicine to run through the meridian pathways of the body.

In Yin yoga, almost all of the poses are performed either seated or laying down. They are held for several minutes at a time with relaxed muscles. Yin asanas target the connective tissue (such as ligaments, tendons and fascia) in the body in order to increase circulation in the joints and improve flexibility, while also opening up the meridians for greater flow of Qi.

Yin yoga poses have their Yang counterparts, meaning they look similar to poses performed in more active styles of yoga. However, the Yin variations are fundamentally different due to the way they are approached – namely, without muscular engagement and without the energy of doing. With Yin, we find comfort in the discomfort, we find our edge.

As important as it is to our physical and mental well being to be strong, it is not muscular strength that gives us the feeling of ease and lightness in the body, it is the flexibility of the joints and stretching of the connective tissue.

Our Yin classes are open to all and we leave time within each class to experience inner-quiet, balance and self-reflection. **All levels welcome**