

YIN YOGA

Wednesday Evening 'Spotlight' Classes

6:00-7:15 pm

July 14, 21, 28, 2010

with

Lauren Davis

\$36 for the series. Passes welcome.

Or \$15 drop-in rate per class.

Awaken your yin side; learn how to cultivate a deep quiet practice to complement the yang side of life.

Yin yoga emphasizes long-held, passive stretching to enhance flexibility in the connective tissues that form our joints. Yin postures are held three to five to ten minutes at a time. The intention is to stimulate circulation in less flexible areas such as the lower back, hips, shoulders and sacrum. This deep, meditative practice complements all other activities.

The practice of yin is a perfect balance to an active 'yang' yoga practice or any other athletic activity.

Benefits of Yin:

- ◆ Improves flexibility
- ◆ Improves energy flow
- ◆ Balances the nervous system
- ◆ Aids in meditation
- ◆ Improves joint health
- ◆ Helps to counter the shortening of connective tissue and stiffness that come with prolonged sitting, age, or immobility
- ◆ Helps to open hips and strength the back
- ◆ Prepares the body for meditation



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