



Yin

Yoga

Yin Yoga is based on the Taoist concept of yin and yang – having opposite and complementary principles in nature.

We encounter yin and yang in our everyday life such as night and day, hot and cold, male and female. Yin is the constant, unmoving, hidden aspect of things; yang is the fluctuating, moving, exposing aspect.

Yin yoga is a passive practice that involves variations of seated and supine poses with the support of props such as bolsters, blocks and pillows. A session will consist of a series of these passive poses, typically held between three to five minutes accessing the deeper layers of fascia.

Yin Yoga practice targets the connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility, as opposed to the more dynamic yoga practices, which target the muscles.

It is not intended as a complete practice itself, but rather as a practice to balance the effects of more active forms of exercise. Yin Yoga is an excellent complement for active people looking to open their bodies safely and find inner stillness.

**Some of the benefits of a regular yin yoga practice include:**

- Calms and balances the mind and body helping the student find stillness
- Assists in the reduction of stress and anxiety through mindfulness
- Increases blood flow, improving circulation and lowering blood pressure
- Improved flexibility by releasing the fascia
- Greater joint mobility

Ask at reception or call today on **08 9382 9600**



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## Important Information

### Classes

Wednesday 6.45pm-7.45pm

### Price

Single visit \$20

10 class pass \$180

### Bring to class

Yoga mats are provided.

### Arrival at class

Please arrive 10 minutes early for your class.

### Eating before class

It is recommended not to eat at least 90 minutes before class. If you do need to eat, make it a light snack only.