

# Intro to Yin Yoga

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## What is Yin Yoga

Yin Yoga addresses other areas of our body often not considered in other yoga practices or fitness modalities. In Yin yoga we are focused on the deeper tissues of our body: bones, joints, fascia and ligaments. This being said, it is also very important to keep in mind that our approach to this practice must also be different. Where as in Yang based practices where we target strengthening and stretching our muscles to a high intensity. In Yin Yoga, as we are working with more delicate areas of the body, we want to focus on surrendering to the pose and finding a sense of comfort through discomfort.

Will there be a lot of sensation? Yes! However, it is very important to listen to our bodies throughout this class. **Though you will be encouraged to stay in the pose and ride the waves, ultimately you know your body. If you feel anything that doesn't feel right or you aren't sure you are always best to move and adjust or find a different option.**

## How Do We Practice?

Yin Yoga is held postures for approximately 2-5 minutes per pose. Different teachers will coordinate each class differently and according to their lineage. At YogaFit, we follow the Three Mountain Format, which is warm-up followed by work phase followed by floor work and deep stretches. Considering that a Yin Yoga class is entirely floor work and deep stretches, I have organized the intensity of the poses to flow according to the YogaFit principles.

**Mountain 1 – Connecting**  
**Mountain 2 – Intensifying**  
**Mountain 3 – Finding Ease**

## Sample Class – 75min

Mountain Pose 3-5min

Moonflowers 15-20 reps

Downward Dog 30secs

Dangling (Forward Fold) 3min

Childs Pose 1min

Melting Heart Pose 5min  
Butterfly 2min  
Half Butterfly Left 2min  
Half Butterfly Right 2min  
Dragon Right 5min  
Puppy Dog (Childs Pose) 1min  
Dragon Left 5min  
Puppy Dog 1min  
Frog 5min  
Puppy Dog 1min  
Sphinx 5min  
Deer/Sleeping Swan (Pigeon) Right 5min  
Staff Pose 1min  
Deer/Sleeping Swan Left 5min  
Staff Pose 1min  
Supine Twist Right 3min  
Constructive Rest 1min  
Supine Twist Left 3min  
Constructive Rest 1min  
Savasana 10min

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