

INTRODUCTORY SESSION OF YIN YOGA

Yin Yoga is derived from an ancient form of yoga. Many feel it was the original form practiced to enable the body to sit comfortably for long periods of meditation.

This style of yoga targets the deep fascia and ligaments of the joints versus the more familiar yang style that stretches and strengthens the more superficial muscles. Because of the different tissue nature of the joints versus muscles, a different approach is used.

In the Yin Yoga style, the poses are entered and exited very slowly, and the actual pose is explored in a quiet meditative fashion for 3-5 minutes with gravity and breath deepening the experience of the pose.

Yin compliments Yang. It can be incorporated into all yang styles of practice.

OFFERED BY THE YOGA MAT STUDIO and taught by PATRICIA DEWAR

WHEN: Saturday Jan 8th 2011

TIME: 1:30-4:30PM

COST: \$55 plus gst

REGISTRATION: contact the Yoga Mat Studio

Phone: (306) 652-9642