

Introduction to Yin Yoga

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Yin Yoga Basics

- Has been called “sloppy yoga”
 - Not about strength and balance
 - Not about perfect poses
 - Anyone and any age can do something!
- Respects the individual body’s ability
 - Many ways to prop and brace
 - Each side is different
 - Anything counts



Yin Yoga Basics



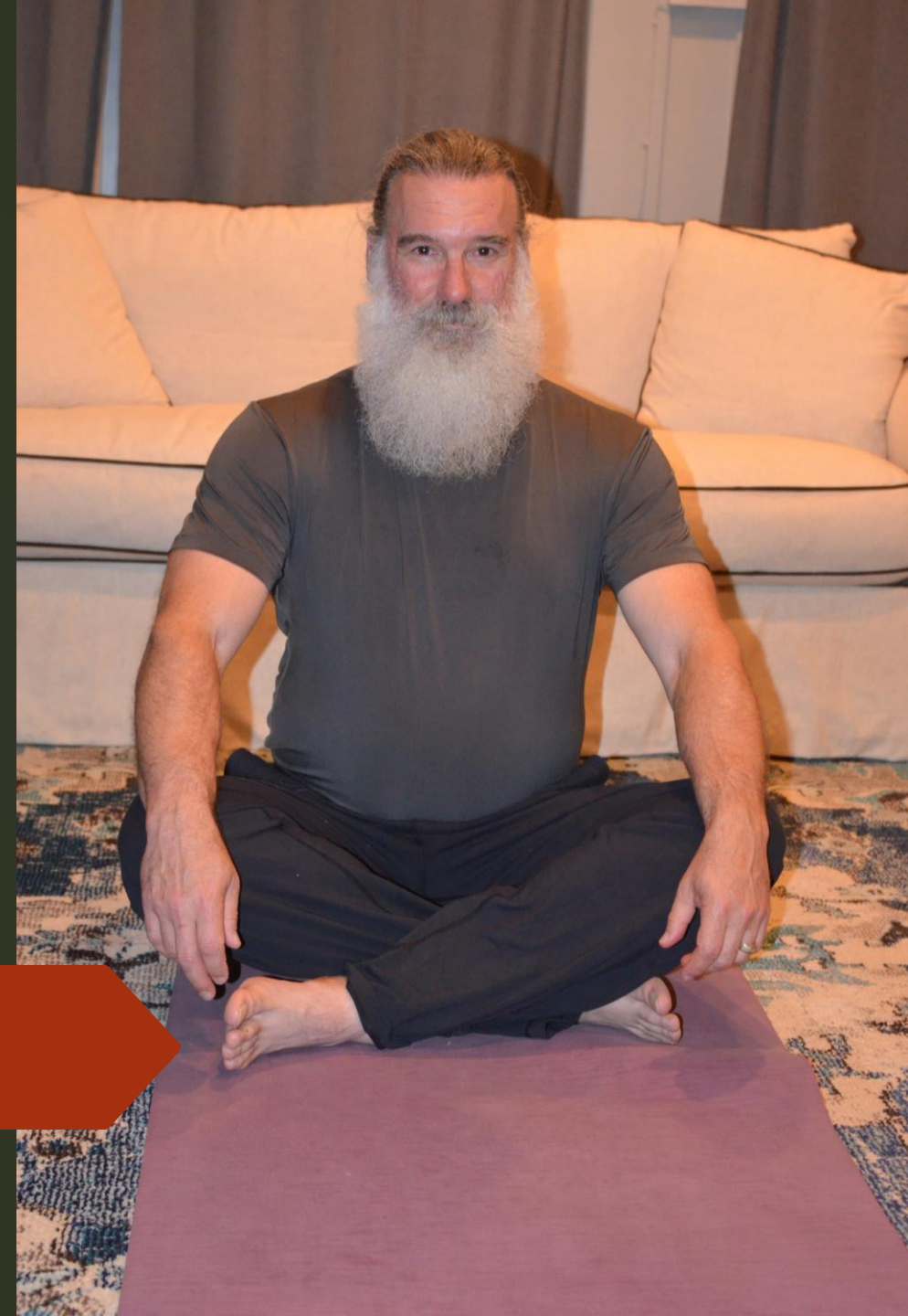
- If your body is doing some...
 - “Whining” –that is okay
 - But “Screaming” is not!
- Sets can focus on back or hips or both
- Can be used with patients readily
 - Can demonstrate poses in the office
 - Could do as a group visit!

Yin Yoga Process

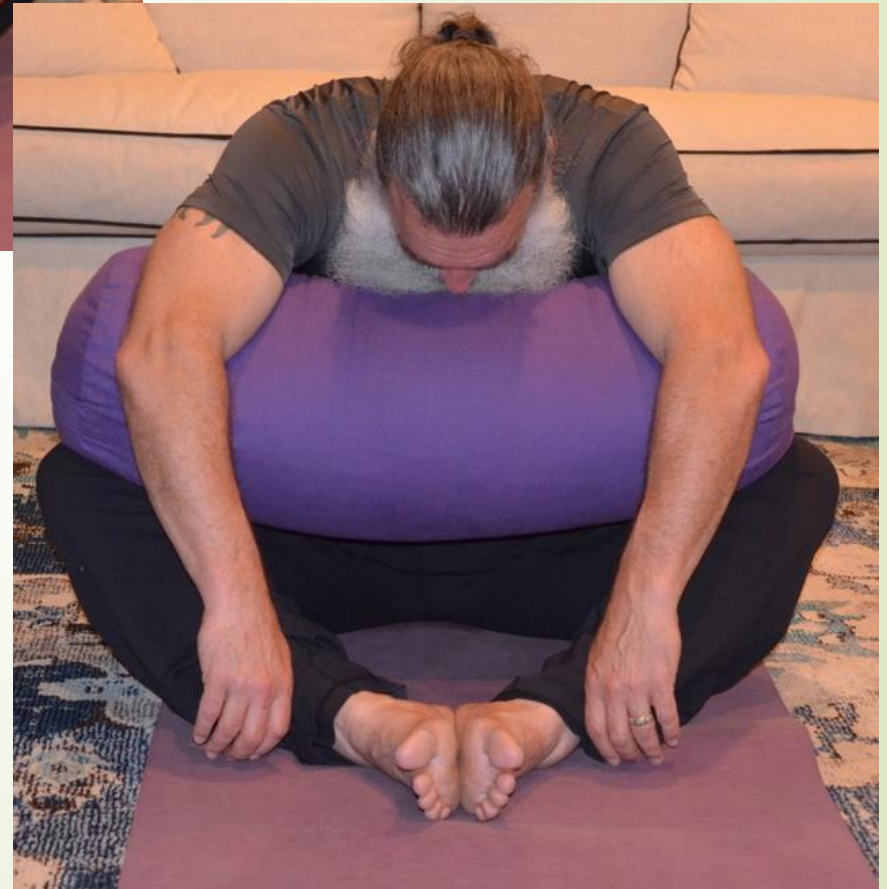
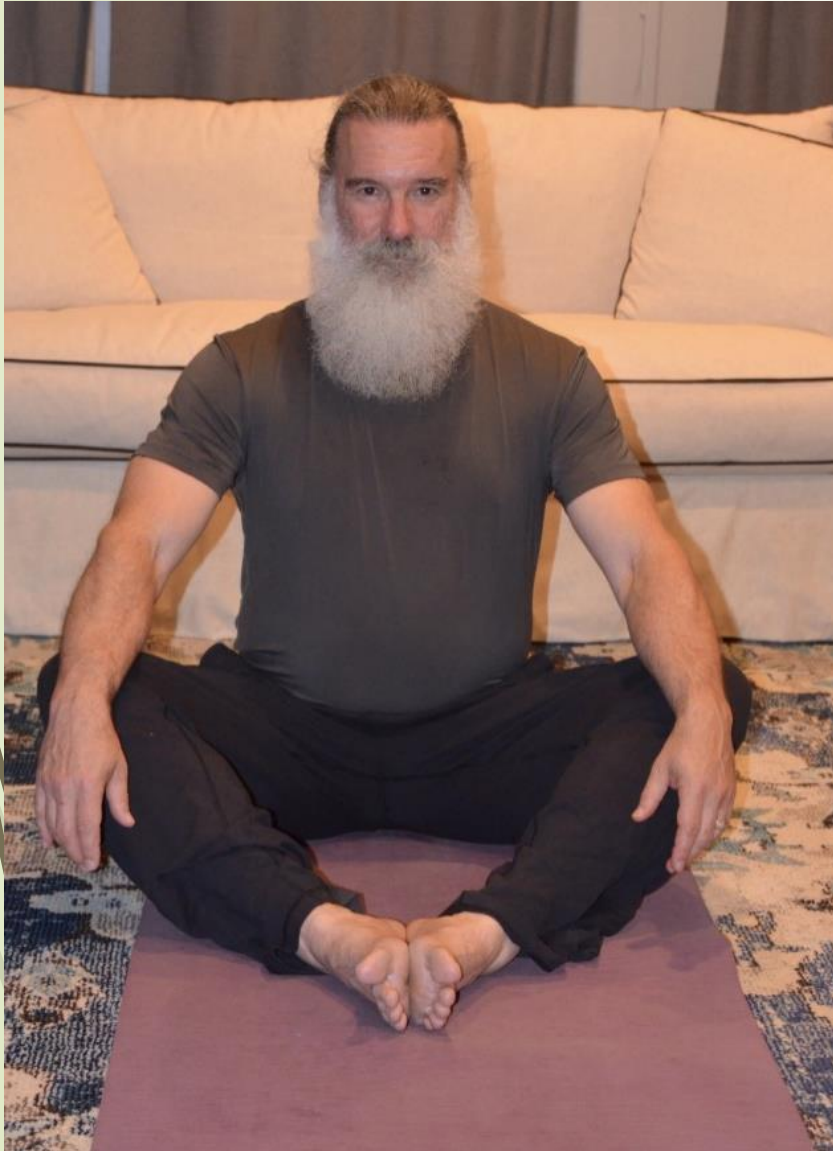
- Poses held longer, usually 5 minutes
 - Goes below the muscle
 - Halfway through, most people fall further into a pose
 - Impacts connective tissue
 - Slow movements out of poses
- “Osteopathic” yoga
- Improves flexibility
- Half of my weekly sacred practice
 - “Detox-Retox”
 - Yoga followed by Italian dinner with friends

The poses in the video

Sitting



Butterfly



Half Butterfly



Dragonfly to Each Side



Dragonfly Center



Caterpillar



Shavasana



Some other poses

Sphinx

That is Tonka!



Seal



Reclining Butterfly



Swan (Pigeon)



Sleeping Swan



Sleeping Swan with prop



Reclining Pigeon





Square



Hero



Saddle



Child's Pose



Twists are great to add!



Resources and links



- ▶ Paulie Zink

- ▶ Founder of Yin Yoga in 1970s

- ▶ <http://www.pauliezink.com/>

- ▶ Paul Grilley

- ▶ Theory and great DVD for instruction

- ▶ <http://paulgrilley.com/>

- ▶ <https://pranamaya.com/product/yin-yoga-by-paul-grilley/>

- ▶ Sarah Powers

- ▶ One of Grilley's students

- ▶ <https://sarahpowers.com/sp/>