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
Half Butterfly
Dragonfly to Each Side
Shavasana
Some other poses

Sphinx

That is Tonka!
Seal
Reclining Butterfly
Swan (Pigeon)
Sleeping Swan
Sleeping Swan with prop
Reclining Pigeon
Square
Saddle
Child’s Pose
Twists are great to add!
Resources and links

- Paulie Zink
  - Founder of Yin Yoga in 1970s

- Paul Grilley
  - Theory and great DVD for instruction
  - [http://paulgrilley.com/](http://paulgrilley.com/)

- Sarah Powers
  - One of Grilley’s students
  - [https://sarahpowers.com/sp/](https://sarahpowers.com/sp/)