



What is YIN Yoga?

Yin yoga is a gentle yet powerful form of yoga that is slow-paced, soothing, and meditative. Yin targets the body's deep connective tissues, bones, joints, fascia, and ligaments. The poses are like Hatha Yoga but held for longer durations to allow the body time to stretch. By holding poses for several minutes, Yin can help to open the joints and create space in the body to allow for a greater range of motion.

Yin yoga is a great way to relax and reconnect with your body. It can help to reduce stress and tension, improve flexibility, and encourage mindfulness. It is also believed to help with digestion, reduce fatigue, and improve circulation.

Yin Yoga Benefits:

- Calms and balances the mind and body
- Reduces stress and anxiety
- Increases circulation
- Improves flexibility
- Releases fascia and improves joint mobility
- Balances the internal organs and improves the flow of energy (prana) in the body

Join Tamra for Yin Yoga Tuesday's at 8 am and Wednesday's at 6:45 pm.