

## **Caroline's Candlelight Yin** (Caroline wishes she could find a class like this to go to herself)

This unique class gives us a chance to slow down, and really let go in the most comfortable way. I'm sure those of you who have tried this totally agree.

Candlelight can help to remove distractions encouraging you to turn your attention inwards. In fact, you just might find that candlelight yoga earns you a brilliant night's sleep!

We will start these classes with simple standing movements to heat the body to help discharge any excess nervous energy before starting our combination of Yin and Restorative Yin. Although both are similar there is a difference. The intention is the same, when we stretch deeply, we release tension in the body and this helps relax the nervous system and quieten the mind.

Expect lots of stretching with long holds, using props such as bolsters, pillows and blankets to create a sense of softness and support that helps physically support the body whilst unwinding and quietening a busy mind.

Finishing off, either in a restorative pose or your choice of Savasana (yes there's lots to choose from) getting as comfortable as possible to allow the body to absorb the many benefits of this class as you rest, restore and rejuvenate. Feeling calm, grounded and tension free as you make your way home to the comfort of your own bed.



I struggle to find the right words to communicate everything that I want to say about yin so I have collated some information below that's a combination of my own words and info found online...

My own personal intention is to balance my yang with some yin. Finding stillness in poses and holding them, focussing on relaxing into poses using bolsters, pillows and cushions. I LOVE YIN, as much as Yang



## **Yin Yoga**

For me, Yin is all about calming the body and mind and really letting go... Holding poses for longer allows us to work deeper into the body... really getting into the joints, bones, ligaments, tendons and the deeply buried fascia that holds our bodies together. When we release the tension in our bodies we also let go of stress and tension in our minds.

Personal Benefits from my personal practice:

- Stretches tight muscles and tight joints
- Improves joint mobility and flexibility whilst increasing and improving my circulation
- Promotes mindfulness as during poses I do get a deep sense of feeling calm and really let go
- Helps balance the Yin and Yang in day to day life in general

Fact: When we take a rest/ rebound after each pose we are opening the joints/ doors to promote a healthy flow of blood, nutrients and nitro oxide to flow through the joints and the whole body.

Use a search engine for the benefits of Yin Yoga and you'll find out so much information... Honestly the benefits are vast and I for one am so glad I have recently incorporated more Yin in my life. We all need to find that balance in life. I could go on and on about Yin Yoga... but I have tried to summarise just some of my thoughts and findings... I get so carried away, I look up one specific thing and end up diving into lots of different things... hope you find this information useful, it's just a snippet...

There are two basic types of yoga, yin and yang. Yang Yoga works our muscles and Yin Yoga works our ligaments, joints, and bones. In today's yoga culture we mainly focus on the yang in Vinyasa, Hatha, Power, Ashtanga, etc. the main focus is actively contracting our muscles and joints as we build strength. But, in order to have a balanced practice and to avoid injury, we should also be practicing Yin Yoga.

Yin Yoga is a passive type of yoga used to gain flexibility and reduce stress. The poses are held for an extended amount of time, usually 3-5 minutes, sometimes longer where the pose becomes more Restorative. Yin applies moderate stress to the connective tissues and increases the circulation of joints. While the practice of Yin Yoga as a whole has many benefits, each pose has specific benefits as well.

Like other forms of yoga, yin yoga provides many benefits, here are the main benefits:

- Increasing your overall flexibility
- Improving circulation
- Enhancing the range of motion of your joints and ligaments
- Encouraging you to connect with your breath
- Improving emotional balance



The benefits of Yin are vast, here are some of many more:

improves range of motion	decreases stress
lengthens muscles	reduces adhesions
hydrates tissues and muscles	thickens and strengthens ligaments
lubricates joints	reduces degeneration of tissues
normalizes curvature of the spine	hydrates skin and detoxifies
helps to prevent fusion of joints	helps the body respond to stress
calms the nervous system	reduces osteopenia and osteoporosis
grounds us	gives us a more meditative practice