



## **YIN YOGA:**

**Slow-paced yoga style focusing on holding passive poses for extended periods, targeting deeper connective tissues like ligaments, joints, and fascia, rather than muscles.**

Yin Yoga is indeed a unique and powerful practice that emphasizes slow-paced, passive poses held for extended periods.

Here are some key aspects:

## Key Aspects:

### 1. Slow-Paced Practice:

- Poses are held for 3 to 5 minutes or longer.
- Encourages stillness and patience.

### 2. Focus on Connective Tissues:

- Targets deeper connective tissues like ligaments, joints, and fascia.
- Unlike more dynamic styles of yoga, it aims to stretch and strengthen these tissues rather than muscles.

### 3. Benefits:

- **Enhanced Flexibility:** Increases flexibility, especially in the hips, pelvis, and lower spine.
- **Improved Joint Health:** Helps maintain joint mobility and health.
- **Stress Reduction:** Promotes relaxation and stress relief through mindful breathing and meditation.
- **Emotional Balance:** Encourages introspection and emotional release.

### 4. Passive Poses:

- Involves poses such as Butterfly Pose, Dragon Pose, and Sphinx Pose.
- These poses are typically performed on the floor, allowing gravity to do much of the work.

### 5. Mindfulness and Meditation:

- Yin Yoga incorporates mindfulness practices, encouraging a meditative state.

- Focuses on being present in the moment and observing sensations without judgment.

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