

GUIDE INTO YIN YOGA

What is yin yoga?

Who is the Yin Yoga for?

*When is the best time to practice Yin
Yoga?*

How should I practice?

By Margarita Zilberman
www.ritaz.yoga

WHAT YIN YOGA IS...

Yin Yoga is a relatively new style of yoga that focuses on the deeper stretching into the body. This style of yoga is a slow-paced and meditative practice that allows you to work on the connective tissues such as ligaments, fascia, joints and even bones.

By Margarita Zilberman
www.ritaz.yoga

WHAT YIN YOGA IS NOT...

Yin Yoga is not a restorative yoga or any other restorative type of exercise such as Pilates.

Restorative yoga incorporates many yin elements, but Yin Yoga's intentions are quite different.



YIN YOGA IS DIFFERENT

Restorative types of yoga/Pilates/etc principally try to heal specific problems and regain health, while Yin Yoga assumes that the practitioner/s are already healthy and want to go beyond this to wellness and optimal health. However, all special conditions should be taken seriously and considerately.

By Margarita Zilberman
www.ritaz.yoga

A person's hands are shown in a yoga pose, with fingers interlaced. In the foreground, a small, weathered Buddha statue sits on a wooden base, adorned with a string of dark blue mala beads. The background is a soft-focus blue and white pattern, possibly a yoga mat or fabric.

MY ADVICE

*Please give yourself a chance to heal BEFORE
resuming regular Yin Yoga practice.*

HOW TO PRACTICE YIN YOGA...

Yin Yoga cannot be rushed. You should always listen and trust the signals the body sends you during practice.

Initially, some practitioners might find this style of yoga quite simple and passive but, again, simple doesn't always mean easy. It could prove to be challenging to stay in the pose for a long period of time.

For each pose the practitioner is guided by 3 important principles:

1. Find the appropriate depth of sensations in the pose
2. Become still in the body and silent in the mind
3. Hold for time without feeling overwhelmed by the sensations

With love & light to you all



By Margarita Zilberman
www.ritaz.yoga