

Beginner's guide into Yin Yoga

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For all beginners
out there, who
would like to start
practicing Yin Yoga.

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Yin yoga is a deep approach to yoga where you perform the majority of the poses seated on the floor or laying down.

The poses are held for longer periods of time, from 3 to 5 minutes and in some cases up to 15-20 minutes.

"Yin" tissues

Yin yoga stretches deeply into the body allowing us to work the "yin" tissues: ligaments, tendons, joints and deep fascial networks.

Through this bodywork, we increase the flow of energy and remove blockages.



*"Motivation is
what gets you
started. Habit
is what KEEPS
you GOING"
Jim Ryun*

1. Commit

2. Do it daily

3. Start simple

1-3 mins in
each pose to
start with

1. Give yourself a chance to learn slowly, give your body time to adjust, Yin yoga might seem easy but easy doesn't always mean *simple*. There is nowhere to hurry and no one to outperform. To paraphrase David Williams "Real yoga is what you can't see".

It is never too late to start



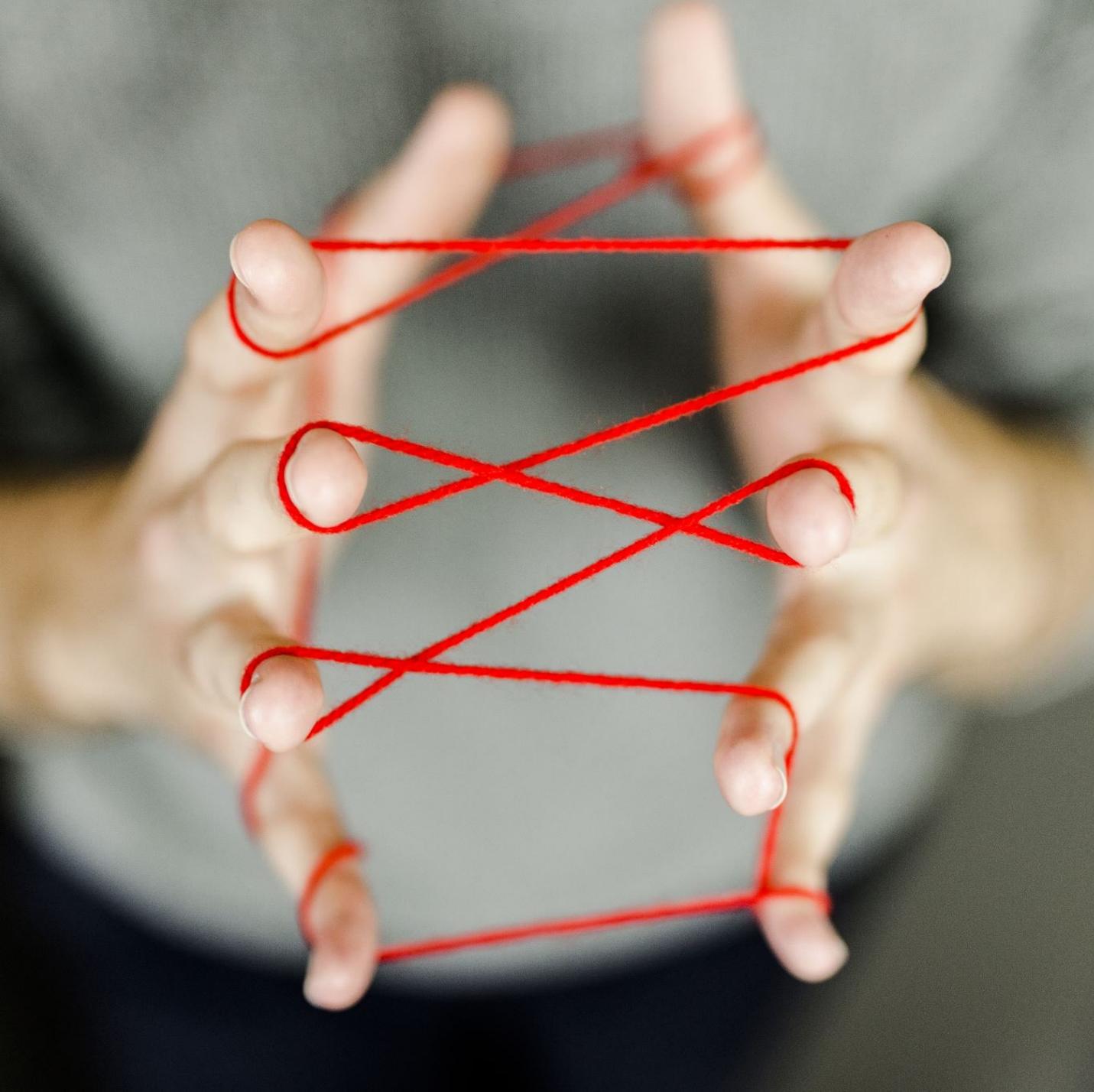
“Stress” not stretch

2. All the tissues of the body are changing and adapting to the stresses put upon them.

Unfortunately, if we never bend the knees and stretch the spine, the connective tissue is going to shorten to the minimum length needed to accommodate the necessary movements. If we want to maintain the elasticity in the joints throughout our lives, we have to prevent our joints from becoming stiff and painful by regularly exercising them in a YIN way.

in a YIN way.





*Practice
mindfully and
safely*

WITH ATTENTION
AND INTENTION.



With love & light to you all

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