

Yin Yoga Theory & Practice

Presented by Amy Cleghorn



Learning objectives

-  Discuss the qualities & differences of Yin & Yang - as elements of life & within a yoga practice
-  Discuss the yin environment, how it can be created & effectively communicated to a student
-  Demonstrate how to adjust a student in a Yin pose safely
-  Discuss the anatomy of Yin yoga
-  Recognise a Yin environment & discuss how to create one



Learning activities

-  Effective listening & participation in lecture
-  Demonstrate teaching ability guiding students into pose
-  Role play - effective use of language, compatible to a Yin environment
-  Role play - Safely & effectively guide students into & out of postures
-  Create a Yin introduction for a student new to yoga



Assessment

-  In class observation & participation
-  Successful application of language in a Yin environment
-  Discuss safe & logical sequencing of Yin poses
-  Effectively instructing students into & out of Yin poses, using verbal cues & prop support
-  Define & discuss Yin in the context of Yoga styles



What is Yin & Yang

-  Yin - moon, feminine, quietly, cold, deep, low
-  Yang - sun, masculine, loud, hot, high
-  Conflicting Comparatives : One thing may be both from different perspectives
-  Everything has a balance of Yin & Yang
-  Yin & Yang yoga - what is the difference?

Fascia: Anatomy of Yin

-  Once through irrelevant - look at any anatomy textbook, no fascia mentioned
-  The scaffold of the body - defines body shape and support
-  Highly receptive - the centre of body awareness (proprioception)

Tension, Compression & Compensation

-  Tension: the sense of pull in a stretch
-  More Yoga *may* increase this range

-  Compression: bones coming together blocking the stretch
-  This will not go any further. End or range of movement

-  Compensation: when other body parts make up for the limited local movement.
-  This allows us to do a posture even when RoM is limited locally

The Yin Class

-  Quiet space
-  Relaxing beginning / entry to practice
-  Try to keep the space cool (Yin) in summer
-  Postures generally held for 3-5mins / 1-2min for beginners.
-  Postures are typically simple & uncomplicated (also sequencing)
-  Allow students to self select alignment - encourage stillness where possible - but not at the cost of comfort or effectiveness of breath
-  Allow students to self asses & re-adjust when required

The Yin Class - Sequencing

-  guide students into a Yin headspace - begin with guided rest
-  generally postures often begin symmetrically then move to asymmetrical
-  consider using a peak post or Yin challenge
-  Wind back down to gentle finish (not backhanding)

The Yin Class - Adjustments

-  are **offered** rather than encouraged
-  are verbal only - no hands on adjustments in Yin (unless helping with coordination, not to go deeper into pose)
-  are down with verbal communication “how does this feel” “where are you feeling this”

The Yin Class - Props

-  have extra props near you at the beginning of class (students will underestimate what they need)
-  be very supportive (verbal/nonverbal) of props for new students especially
-  support the weight of the body where needed (look at non-target joints)
-  students may find they can move the prop away after a few minutes in the pose (let them adjust as necessary)



Yin V's Restorative Yoga

-  Yin is NOT Restorative Yoga
-  the intention in Yin is deep stretching
-  Restorative has an intention of mild stretching
-  Props in Yin support another joint in order to direct weight into the target joint
-  Props in Restorative ease pressure in the target joint
-  Yin is likely to leave us feeling loose & exercised through the deep tissues
-  Restorative should leave us refreshed & revitalised



Yin V's Restorative

-  Restorative yoga restores broken/ill bodies. The use of props in Restorative allows the body to stay in a pose with no effort. It is Yin in nature compared to Yang.
-  Yin yoga stretches healthy bodies gently but very effectively. The props support the weight of the body & secondary joints, ensuring the target joint has the focus of the posture. eg - ankle/knee/shoulder/wrist sprains (connective tissue injuries) should not be the target joint when practicing Yin yoga (significant modification is required)



The Yin Yoga Postures



Butterfly - both legs



Butterfly - one leg



Urdhva



Cat/Cow - one leg



Child



Cradle - both legs



Cradle - one leg



Dragon - one leg



Dragonfly



Gekko - one leg



Footsies



Saddle - both legs



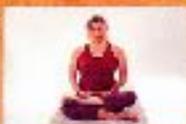
Saddle - one leg



Eel Pose



Eggs



Sherlock - one leg



Slapping Swan - one leg



Star



Strap - both legs



Strap - one leg



Star - one leg



Twisted Dragon - one leg



Twisted Rooster - one leg

Poses are symmetrical unless otherwise noted. For those that have single and double leg variations, we've added both 'legs' or 'one leg' to the names. We only show a single side for the one leg variations; reverse the pose for the other leg.

