

## Yin + Restore

Cultivating Yin energy stems on the concept of quieting, nurturing and nourishing our nervous system, of slowing down and focusing on rest. Yin from an eastern perspective is reflective of the feminine, lunar and cooling vs its more active counterpoint of Yang which is energizing and warming. Yin Yoga is a style of Yoga that involves deep stretches and longer held postures, generally 3-5 minutes. Yet rather than pushing into the posture and forcing the work like we might in a power yoga class – the focus here is quite the opposite. Now we melt into the pose. Sinking deeper into the stretch over time, allowing the sensation to build gently. All the while our breath is full, moving in and out of the body, soft and quiet. Moving into this more rested state surprisingly takes a lot more practice than it seems. It's one of the reasons so many continue to avoid Yoga often using the excuse that they can't sit still for that long or that they can't stop their thoughts from circling. It requires patience and it takes time. This is what cultivating Yin means. We don't just arrive in this serene quiet space from the moment class begins, but rather use the slow pace, the soft music and gentle guidance of our teacher to invoke this over time. As with everything, the more often we practice, the more we get adjusted to it, the more our body begins to really crave this time and we really begin to experience the results.

Cultivating Yin is the ability to slow down and re-teach the body and mind to rest, to be present, to really just be. Here are a few things to help foster this space.

1. **Notice the intensity or effort of the action.** When we start to push into the stretch with too much intensity our muscles react and push back. When we start slow, with our intention for gentle sensation alone, our body feels safe, our muscles feel safe and the pose becomes enormously more comfortable. Our breath is deeper, there is no more added tension to our shoulders, neck or jaw and we begin to move inwards where the real magic happens.
2. **Let go of where you think you are supposed to be in the pose/stretch.** Focus instead on how the stretch feels and let this translate to what we are experiencing mentally in the practice as well. Rather than this practice feeling like a push pull contest where we leave just as stressed as we walked in, by softening and letting go of our expectations, we can also let go of the angst and stress we feel to perform.
3. **Be consistent in your practice,** it is the consistency of the work that helps us see and feel the results. Linger over your stretches, schedule time for a quieter Yoga practice.



## Sample Practice

Start supine - 3 part breath, minimum 5 minutes.

Knees to chest

Alternate knees

Cat/Cow

Childs Pose

Kneeling Lunge (R+L)

Lay prone – 3 minutes deep breathing

Sphinx Pose

Flowing Sphinx Pose

Rest – Childs Pose

Butterfly Pose

Easy Seated Pose (Crossed Legs)

Lateral Stretch (R+L)

Circle the Spine – 3x both directions

Supine – Knees to Chest

Constructive Rest (knees at 45 degree angle)

Supine Twist (R+L)

Constructive Rest (knees at 45 degree angle)

Savasana

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**Yoga for Wellness**, is a 6-day Trauma-Informed certificate program that explores the concepts from this workshop in more depth. The next training runs March 2-5 and 24-26, 2023 in Toronto.

**Lisa Greenbaum Yoga + Wellness, 200-hour Yoga Teacher Training program** starts September 24, 2022. It's a 5-module series that includes: Yoga Foundations, Yoga in Practice, Yoga Energy Body, Yoga for Wellness and Yoga Teaching Skills. Register with your deposit of \$450. before August 24<sup>th</sup> and save 10% off your trainings, plus receive a gift bag valued at \$80.

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