

Frontpage article

Written by

A modern solution to being flexible in your body and mind. Experience being totally present in every moment of your life using an age old practice

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Yin Yoga

If you groan when you get up after sitting for a while and are starting to feel the slight strain of moving and working at a pace slightly faster than your body can manage – **Yin Yoga is for you.**

If you are over forty and want to make sure you have a healthy and full older age – **Yin Yoga is for you.**

If you are a regular yoga student and occasionally sense there is something missing or if there is a bit more you can get from your practice – **Yin Yoga is for You**

Yoga today is a strong powerful practice with great postures that take you to the edges of your strength and then beyond. It takes your muscles and works them so that your whole body feels well worked out without any damage – and in a way that beats the heck out of a work out in the gym. You get strength in your upper and lower body and your joints become much more mobile. You can feel wonderful because you find your Inner Warrior and your Outer inscrutable Sphinx.

However yoga today has also become much more focused on achieving the best shape in the posture, on getting to an end point and that is all wonderful – except that it has no balance with the experience of centring inside, quietening the mind, letting the connective tissue in your body gently release and allow a greater flexibility than you have ever felt.

Power Yoga, Ashtanga Yoga, Iyengar Yoga, Hot Yoga and Hatha Yoga today are mainly 'Yang' practices which reflect the kind of dominant energy in our world today – strong, thrusting, focused. But what about the 'Yin' energy? We need the yielding, softening, opening to the endless possibilities..... that life presents us with that is the female side too and that has been disappearing from yoga for some time.

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Now it is back and teachers and students can find their balance through incorporating Yin Yoga into their practice. Find out how to do this by coming to our workshops. Deepen and broaden your practice and experience the missing bit you have been sensing but not understanding.