

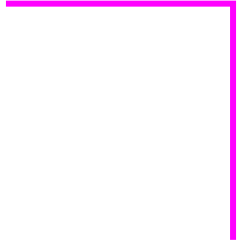
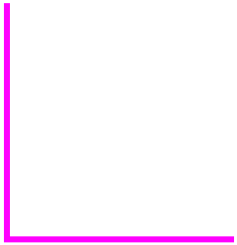


Yintensive®

Foundations of Yin Yoga



FUNDAMENTAL CONCEPTS



What is Yin?

And who is it for?

The Yin Process

1. Come into the pose at the appropriate “depth”
2. Resolve to remain
3. Hold for a time

*“The alchemy of Yin is in duration
NOT sensation”*

Yin Yoga Impact

Physical

Energetic

Psychological

Physical

Annamaya Kosha

Stress connective
tissues.

Energetic

Pranamaya Kosha

Encourage a robust
flow of chi
throughout the
energetic body.

Psychological

Manomaya Kosha

Meditation for the
rest of us.

YIN IS COOL



Male Elastic BRIGHTNESS,
sun HEAT stimulation
MOVEMENT activity
EXCITEMENT vigor
EXTERIORITY upwardness
OUTWARDNESS increase



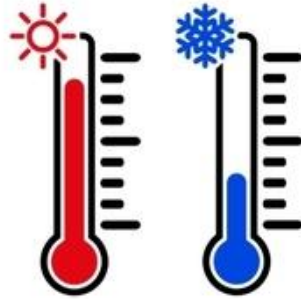
Female PLASTIC cold REST
responsiveness PASSIVITY
darkness INTERIORITY
downwardness INWARDNESS
decrease SATIATION tranquility

A myofascial case for coolness

At high Temperature

Muscle fibers are excitable, peak force and flexibility is high

Fascia stiffness is low and peak force is slow.



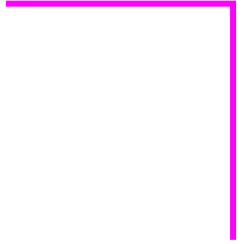
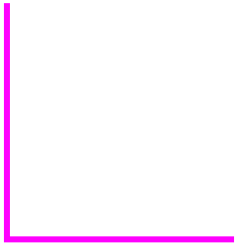
At low Temperature

Muscle fibers are stiff and slow

Fascial stiffness is high and speed (peak force) is high

With cold muscle, more tension is given over to the fascia. With working muscle, fascial tension is low and muscles take on more of the load bearing responsibility!

Movement Guidelines



Yin Zone



Low Chest
to
knees



Just this!

3 Vital Movements

Stretch = Tension

Compress = Compression

Twist = Shear

It's not all about the stretch!

A case for duration

- Myotatic Reflex
- Golgi Tendon Reflex
- Messenger Substance
- “Hydration”
- Reorganization of tissue





IN-FORMED YIN & VINYASA

Mandy Ryle, E-RYT, YACEP

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