

Yin yoga for relaxation

BY

Kathy Páez

for Nestlé Purina Europe



Credits

Copyright@ 2020 Kathy Páez. All rights reserved. No part of this ebook may be used or reproduced in any manner whatsoever without written permission, except in the case of brief quotations with direct reference to the source.

Inquiries

www.espacioyinyoga.com

www.kathypaezyoga.com

kathy@kathypaezyoga.com

eBook design: Kathy Páez

Illustrations of poses: Ibelis Garza

Text edition: Shyft Solutions

other illustrations: Canva

TABLE OF CONTENTS

I. Introduction.....	2
II. Yin yoga for relaxation.....	3
III. What is Yin yoga?.....	6
IV. The breath.....	8
V. Yin yoga practices for relaxation.....	9
VI. Bibliography.....	13

A Quote

/kwōt/

*Nature does not hurry, yet everything is
accomplished. - Lao Tzu*



Introduction.

In a fast paced world, Yin yoga is an antidote to our frenetic daily rhythm.

This practice is a gift that lets you recover all the energy and peace you deny yourself during busy times or when feeling burned out.

Yin yoga is an effective way of allowing your system to nourish itself, to make amends with all the ways the demands of modern life keep you busy.

This ebook has found its way to you now and I hope it becomes a source of Yin moments that help you slow down and find relaxation for your well-being.

Welcome 

II

Yin yoga for Relaxation



Health is often why we choose to make changes in our lives. Sometimes it is a disease and other times it is an emotional imbalance that can also lead us to creating change or adding a new routine that targets stress.

Stress is the common culprit of most of the disbalances in the body nowadays. Understanding where stress comes from leads to previous points mentioned about lifestyle rhythms and choices but is also due to how our nervous system works and responds.

II. Yin yoga for Relaxation.

The nervous system is one of the 11 systems of the body. The overall balance of your body has to do with all the systems but the nervous system and more specifically part of the autonomic (involuntary) nervous system is responsible for regulating the body's response to situations.



The sympathetic nervous system is a fight or flight response while the parasympathetic is about resting and digesting (regulating).

The parasympathetic nervous system is what allows us to sleep well at night but when we are under high stress for too long, it can be more difficult to get into action.

II. Yin yoga for Relaxation.



Yin yoga is a practice that kicks into our **parasympathetic nervous system** which lowers the heart rate and blood pressure, relaxes muscles, helps with digestion, fights infection, increases immunity, releases endorphins, and brings a sense of ease into your being

III

What is Yin yoga?



Yin Yoga is based on the Taoist concept of yin and yang, opposing yet complementary forces that can characterize anything. Yin can be seen as stable, immobile, feminine, passive, cold, and downward moving. Yang is changing, mobile, masculine, active, hot, and upward moving.

The tissues in our body may also be seen as yin or yang. Yang tissues are in relation to muscle. Yin Tissues are in relation to bones, connective tissues, ligaments, tendons and fascial bags.

Yin Yoga nourishes the dense connective tissue of the body through stillness in poses for increased flexibility and inner state of ease.

III. What is Yin yoga?.

Yin yoga is practice that holds five tenets in mind:



1. Seek an appropriate gentle edge: Move slowly into the pose, and do not seek full capacity of range of movement.
2. Find stillness: once you find a comfortable way to remain in the pose, become still.
3. Hold the position: begin by holding for 1-3 minutes gradually progressing to 5 minutes or more.
4. Come out of the pose slowly, as if you were moving through honey.
5. Rebound, this is the space in between poses when you stay a while to feel the effects the pose has had on you; the deep imprint that it has left. In the yin yoga sequences you will find suggested rebound moments.

IV

The breath in Yin yoga



In a Yin yoga practice we may do some breathing exercises at the beginning of the practice or while holding the poses. Starting with abdominal breathing is recommended. The breath can be a way to anchor the mind in the body, but need not be a consistent element to be held throughout the hold of the pose. Natural breathing without forcing may also be practiced.

Abdominal breathing. The abdomen expands on the inhale and retracts on the exhale, as the lower part of the lungs fills with air. When the abdomen expands, the diaphragm flattens, leaving room for more air to flow in.

Consult your physician before starting any form of exercise or movement and if you are a complete beginner or have an injury, find a certified Yin yoga teacher to guide you through these lessons

V

Yin yoga practices for relaxation.

Being that the spine is the home of the central nervous system we will focus on working through the tissues of the back, torso and vertebral spine.

The five tenets of the practice mentioned in the previous section should be a recurring focus throughout the session. Do not overly worry about your breath, it is often better to allow it to be.

Each sequence is meant to be practiced on its own.

Now, find some comfortable clothes, put on some soft music, set a meditation timer to the minutes you will hold each pose and give yourself the next 10 - 15minutes.

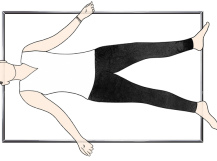
V.YIN YOGA PRACTICES FOR RELAXATION.

Practice A.



1. **Butterfly**

If you have a herniated disk do not round your back and use props under your chest.

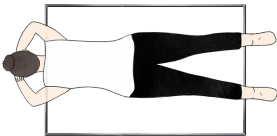


2. **Rebound** for up to 1 minute in, star pose looking at the sky.



3. **Sphinx** pose

If you have a herniated disk consider using a bolster underneath your chest.

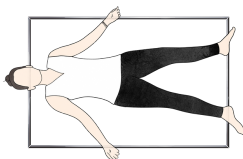


5. **Twisted roots.**

If you have back or knee problems, do not cross your knees and place a bolster underneath your knees toward the side they are falling to.



6. **Rebound** for up to 5 minutes in, star pose looking at the sky.



Hold each pose from 1 to 3 minutes.

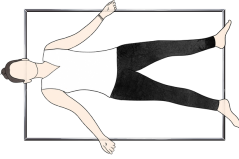
V.YIN YOGA PRACTICES FOR RELAXATION.

Practice B.



1. **Half butterfly**

If you have a herniated disk do not round your back and use props under your chest.

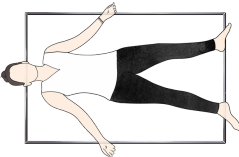


2. **Rebound** for up to 1 minute in, star pose looking at the sky.



3. **Twisted roots.**

Right and left side.



4. **Rebound** for up to 1 minute in, star pose looking at the sky.

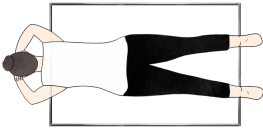
Hold each pose from 1 - 3 minutes.

V.YIN YOGA PRACTICES FOR RELAXATION.

Practice C.



1. Sphinx pose



2. Rebound for up to 1 minute in, star pose looking at the earth

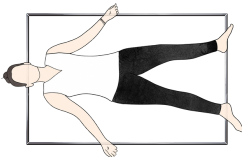


3. Child's pose

If you cannot bend your knees this much or the ankles are uncomfortable, lay on your back and hug your knees to your chest.



4. Butterfly



5. Rebound for up to 5 minutes in, Star pose looking at the sky.

Hold each pose from 1 to 3 minutes.

VI

Bibliography



Grilley, Paul. Yin Yoga Teacher Training Manual.

Páez, Kathy. Yin yoga: Potential in Stillness. 2019. KDP printing.

Illustrations. Yin yoga: Potential in Stillness. A visual guide through the poses of Yin yoga.

Images of muscles: Shutterstock anatomy series.