



INTRODUCING  
**YIN YOGA**

Fridays at 9:30 - 10:45 am

with Maureen

**Drop in any Friday. Beginners and Older Adults Welcome.**

Yin Yoga is the perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting our muscles. Yin Yoga targets the connective tissues (not them muscles) of the hips, pelvis and lower spine.

Suitable for all levels of students, all body types, Yin is very beneficial for our North American lifestyle which results in our sitting most of the time - joints and ligaments tighten, we even get shorter (!).  
For a limber, supple body, Yin Yoga is the answer.

Poses are all done on the mat - either sitting or lying, and are generally held for a period of 3 - 5 minutes. There are no standing postures in Yin Yoga.

**PLEASE NOTE:** Yin Yoga is not Restorative Yoga. Like all yoga practices, if the tissues you are targeting for exercise are damaged in some way, please give yourself a chance to heal before resuming your regular practice.

You need to experience Yin Yoga to really know what it is all about. After you have experienced it, even just once, you will realize that you have been doing only half of your yoga practice.

**416-716-7589  
for more information**

