



YIN YOGA - Sundays 14-15h15pm

Yin yoga is a quiet practice in which students hold postures for longer periods of time (3-5Min.) to stress and stretch the joints gently. The objective is to stimulate circulation in less-flexible areas, typically in the joints closest to the core of the body: hips, lower back and sacrum area. It is based on the Chinese philosophy that connective tissues in the body serves as a passageway for the flow of vital, life-giving energy that nourishes the organs. The practice is, as such, a form of acupressure.

Adeline Tien is teaching this class as well as restorative yoga and Vinyasa.