

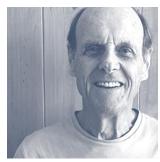
- △ Strengthening of the connective tissues
- △ Improvement of flexibility
- △ Improvement of energy flow within the body
- A reduction in stress and tension
- △ Increased blood circulation
- A Deep relaxation of the muscles with increased fluidity
- △ Encouragement of mindfulness and meditation





Karen Burke

I love Yin because it gives you the time to feel the poses, not only physically but mentally. It's a definite 'mood enhancer.' I am much more flexible after doing this practice the past few years.



David Robertson

The meditative approach to Yin Yoga and the attention to breathing makes my practice very introspective and personal. It also helps to leave the world and my thoughts outside the barn door for one hour!



Bonnie Wetherell

Yin forces me to slow down, decreases my stress level and increases my ability to move with my sore joints. After a Level Yoga Yin practice I leave with a clearer mind, lighter body and fuller heart.



Nancy Steadman

I have had knee and shoulder problems, but since taking Yin classes, those issues are improving. I'm more flexible and just generally feel better, and I have met some wonderful individuals from all walks of life and made new friendships.

What our teachers say

Eleven years ago Yin became "love at first breath" for me. Its slow, meditative approach continues to offer me a way to pause, soften and release stress in my body, mind and spirit. For these reasons, and many, many more, I love teaching it too!"

Pam Shelton teaches Tuesdays & Thursdays 7 pm on The Pointe & Sundays 5 pm on Cardinal

gentle challenge a saving grace peaceful practice

Ashleigh Whitfield
Yin yoga has that gentle way of
challenging me by asking me to
be still and quiet, yet those very
things are the qualities I have
grown to crave in my own
practice.

Teaches Wednedsays 6 pm on Cardinal, Thursdays 12:15 pm on The Pointe Tara Blackburn
As a Mom of a 4 year old, this practice is a saving grace. Being able to quiet my mind and breathe into my physical body and connect to who I am—there's nothing better for me."
Teaches Thursday Yinyasa 10 am on Cardinal and Fridays Yin Deep Stretch 1 pm on The Pointe

Amanda Steadman
Yin gives us permission to slow
down, to be in the pose and be
with ourselves. Teaching this
practice for me is peaceful, and
the relationships I have built with
my students are truly special.
Seeing their relaxed bodies and
faces after class brings me joy!
Teaches Tuesdays 12:15 pm on
The Pointe