

Benefits

- △ Strengthening of the connective tissues
- △ Improvement of flexibility
- △ Improvement of energy flow within the body
- △ A reduction in stress and tension
- △ Increased blood circulation
- △ 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

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 Wednesdays 6 pm on Cardinal, Thursdays 12:15 pm on The Pointe

a saving grace

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

peaceful practice

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