



## Sunday Afternoon Yin Yoga Practice

3:00-5:00 pm

January 15, February 12, March 11, and April 15

Angie Parmer, RYT200 Instructor

\$25 for each session, \$90 for the series

Yin Yoga shares many of the same benefits of other styles of yoga: it helps us develop a calm and stable mind, a supple and more comfortable body, and a more balanced and vibrant energy system. What differentiates Yin Yoga from other approaches is the unique objective of targeting the joints and connective tissue rather than muscle. Modern meridian theory suggests that it is our connective tissues that form and support the pathways through which our vital life force flows. Keeping them healthy promotes the health of our whole being – body, mind and spirit.

Targeting connective tissue requires long holds in which the muscles are relatively at rest. A typical Yin posture is held for 2 to 5 minutes. These holds are not like the holds of restorative yoga where the intention is comfort and ease to support complete rest for the nervous system (an excellent and complementary practice). In Yin Yoga our long holds are intentionally challenging to the connective tissue, but skillfully so. The challenge is not tiring, since the muscles are not working. It feels good and useful and allows us to gradually take our area of focus down below the muscles into the deeper, more dense connective tissues that can make us feel stiff and misaligned and ill at ease if not given their own appropriate exercise.

Everyone is welcome, though if you are dealing with health challenges, or simply want to know more about Yin Yoga, check in with Heartwood by email ([kate@heartwoodyoga.com](mailto:kate@heartwoodyoga.com)) or by phone (979-0019) to be sure the practice is appropriate for you. We teach modifications of postures to accommodate different bone structures and degrees of flexibility, so everyone can find their own comfortable “edge”.

### *About the Instructor*



“Though I initially sought yoga as a remedy for physical tension, I was drawn to the quiet depth and dignity of the practice. My experiences with yoga continue to teach me the importance of presence, stillness, and spaciousness in my daily life, and I find through my practice a greater sense of balance in all things.”

Angie is a native Alabamian and a 2009 graduate of the Birmingham Yoga Teacher Training program. She holds degrees in music education, vocal performance, and mental health social work. She has been teaching yoga to adults and children for two years and is a certified Yoga Alliance instructor at the 200- hour level.

You may register for Yin Yoga at [www.heartwoodyoga.com](http://www.heartwoodyoga.com). To hold your space in one or all four classes, please send your check to Heartwood at the address below.