

YIN YOGA SERVICES

YOGA IS THE ART
OF PROPER ACTION

-Bhagavad Gita-



WHY IS YOGA A CRUCIAL ELEMENT FOR EMPLOYEE'S WELL-BEING?

Our sophisticated technological world has facilitated many workflow processes and has relieved the employees of many physically demand. However, **the price of such comfort is for those employees to suffer the consequences of a sedentary life**, such as more stress, overuse of stimulants, and a disconnection with the real values of themselves and their surroundings. Nowadays, employees spend a lot of time sitting behind their desks, making the body disengage from necessary movements which will cause stiffness in the joints, rounded shoulders, poor posture, and shallow breathing. After a fast-paced working day with continues tension from deadlines and multitasking, it can be difficult to disengage the mind for being completely present in their life moments outside the office and to fully enjoy the rest of the day. **A physical indolence and a mental weariness can rapidly set in. All these things can have a detrimental effect on employee's concentration and performance, and in the long run on employee's health.**

The solution to reverse this negative work impact in the employee well-being is bringing back the mind-body healthy balance, and **this is what yoga practice does best.** The practice of yoga has grown steadily throughout this fast-growing technological world and **has emerged as a mainstream form of exercise and a means of coping with the challenges of contemporary lifestyles.**

YIN YOGA



YIN - The chilliness from heaven

"Yin in its highest form is freezing while yang in its highest form is boiling. The chilliness comes from heaven while the warmth comes from the earth. The interaction of these two establishes he (harmony), so it gives birth to things. Perhaps this is the law of everything yet there is no form being seen."

- Zhuangzi, (莊子; Chuang-tzu) Chapter 21-

WHAT IS YIN YOGA?

Yin Yoga, is a **style of yoga** which targets the deep connective tissues of the body (vs. the superficial tissues) and the fascia that covers the body and helps regulate the flow of energy in the body.

The postures in this style of yoga are **only yin postures**, passive postures and mainly settling on the floor, which aim to help promoting meditation and long periods of pranayama and sitting. Yin Yoga is unique as it demands relaxing the body and the mind while being in the posture, by softening the muscle and moving closer to the bone. As opposed to the other yoga style, Yang yoga, which targets superficial body tissues, **Yin yoga offers a much deeper access to the body**. It is quite usual to have postures held for three to five minutes, even more while progressing with the practice. The time spent in these postures is the same time needed in meditation, thus **it is possible to integrate meditation while practicing Yin postures, making the practice more valuable and time-wise efficient**.

This concept of Yin yoga has been around for thousands of years and some of the older text, such as the Hatha Yoga Pradipika and Taoist yoga.

WHY YIN YOGA?

The Taijitu symbol, mostly known as Yin-Yang symbol, suggests that **no matter what, we should take a little bit of each energy to included it in the heart of its opposite.** When only one energy is dominant there will be lack of harmony in the person body and mind, thus, such action is vital to bring the correct balance of those energies. **Work brings stress to our body and mind, by building up tension, stiffness, worries, adrenaline rush, and excessive intensity.** The sum of Yin and Yang forms a whole. One effect of this is: as one aspect increases the other decreases to maintain overall balance of the whole. Thus, at the end of the working day, the possible imbalance of "excess of Yang - deficiency of Yin" will exist. This imbalance can cause unhealthiness and when exists continuously in the long term **will cause serious illnesses.** So, this excess of Yang should be paired with excess of Yin in order to bring it down. This is what Yin yoga will accomplish. All this intense energy (Yang energy) has to be compensated with the opposite, a relaxed energy (Yin energy) in order to bring you back to the state of a healthy balance.

Yin yoga teaches you how to really be still, come face to face with yourself and listen your feelings and emotions. **Yin is such a great compliment to your own personal life,** because it brings long periods of time in an uncomfortable position, which then asks you to learn to "get comfortable" and to "accept what is" in that given moment. This is a skill we can all benefit from daily. While practicing Yin postures, the longtime of stillness in each position gives the opportunity to integrate meditation which brings an additional value to the whole practice. This opportunity enables you **receiving wellness for your body and your mind at the same time.**

With Yin practice, the employee`s mind shift form yang to yin, active to passive. Yin practice unblocks a stiff body while calming down a stressed mind. Yin practice is time efficient because you work on your body and on your mind at the same time, thus it is convenient practice to include in your daily routine. All these makes Yin yoga a great activity to include for supporting a healthy working life. In such condition, **Yin yoga is a more well-balanced practice to create a better-balanced version of the awesome you!**

WHICH ARE THE GOALS AND BENEFITS?

Yin yoga poses consist of stillness for promoting growth, clearing energetic blockages, and enhancing circulation.

Yin yoga is an intimate practice as it expects from the practitioner to be ready to **get intimate with the inner-self**, to get in touch with feelings, sensations, and emotions. In Yang yoga style, often happens that this intimacy is being missed out while practicing, due to fast paced practice of this style.

Below is a list of the **main benefits gained from Yin yoga practice**:

- With aging, flexibility in the joints, hips, and connective tissue decreases and Yin yoga is the best activity to maintain that flexibility
- The slow pace helps calming both the mind and body
- Yin energy brings balance to a body and/or mind with excessive Yang energy; Lowering of stress levels
- Promote stamina
- Better lubrication and protection of joints
- Release of fascia throughout the body
- Help with decreasing symptoms of TMJ disorders - Temporomandibular Joint disorders
- Help with decreasing symptoms of migraines
- Reaching deeper relaxation
- Developing the ability of coping well with anxiety and stress
- Better ability to sit for meditation
- Supports having a better Yang practice

WHAT IS THE BEST APPROACH WHEN STARTING TO PRACTICE?

If you've never practiced Yin yoga you should know beforehand that it takes a little time to understand how this yoga style is different from others and to feel its benefits. When you are about to try a Yin class you need to try it three or four times to really make a decision about the practice. Many find immediate benefits like a more relaxed body and centered mind. An ongoing Yin practice will definitely take you into a healthier life as a whole. And I wish that for everyone.

So, give Yin yoga a chance to help you achieve that.