



*Please join me  
for my free class*

# Yin Yoga

*Wednesday, November 5  
from 4-5:15pm  
Absolutely free!*

*Compliments of Flow Yoga, Sugar House*

Yin yoga is originally a taoist yoga and has been around for thousands of years, yet Yin is quite new to Salt Lake City.

Yin Yoga focuses on health and stability for joints and ligaments by passively stretching and exercising the deep connective tissue of the body. As a complement to hatha, flow yoga practices and all forms of active training, Yin calms, heals, and restores while actually strengthening the deepest foundation of our structure. Although the stretching is physically passive, it is physically and mentally challenging.

The physical benefits are healthy joints, increased range of motion and improved energy flow through the body. Non-physical benefits include calm, focus, clarity, being centered and feeling relaxed. Yin is also an excellent prelude to one's meditation practice.



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Flow Yoga - Sugar House  
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