**What is Yin Yoga?**

Yin Yoga is a physical practice of Yoga in which body weight and gravity are used to essentially ease bones away from bones so that the tissue that binds the body together is lengthened. Essentially, Yin Yoga is “traction-ing” the body in a gentle way. We stay down on the floor on the yoga mat with props.

Yin Yoga seeks to affect the Connective Tissue in the body: primarily Ligament, Tendon and Fascia. This tissue is dense and fibrous and doesn’t respond well to Yang forms of exercise (rhythm and repetition). These tissues are “exercised” with static sinking stillness. Poses focus opening along the TCM meridian lines (like acupuncture) that relate to our internal organs and energy.

**Benefits:** mobility, flexibility, potential for fascia blockages removed, potential for spinal decompression, stimulation of Hyaluronic Acid and Synovial fluid (think “oil can” for your joints!), just to name a few. A Youth Spring for your body!

**Yin Yoga Classes with Sara Burns, CYT** (as of 5/10/2023):

**Dragon Spirit Arts, Lansdowne PA:**

[**www.dragonspiritarts.com**](http://www.dragonspiritarts.com) **215.914.5614**

**Wednesdays 6:30-7:45 PM**

Pricing: 10 classes for $120 or $15 per class. A “Need Discount” is available for Seniors, Veterans and starving artists

**Focus Yoga, Bryn Mawr PA:**

[**www.focusbrynmawr.com**](http://www.focusbrynmawr.com) **484.424.7468**

**Fridays 5:30-6:30 pm**

**Sundays Noon-1 pm** (also avail: a Sunday 10:30 am “regular” Gentle Yoga class)

Pricing: 10 classes for $199 or $25 per class. A “Need Discount” is available based on income. First Class **FREE!** Online code “FreeFOCUS 22”

Private Yoga Sessions in Lansdowne (Gentle or Yin): **Sara Burns 610.715.8281**