



10 THINGS TO KNOW ABOUT YIN YOGA

OPENAWARENESSYOGA.COM

- 1 It's an exercise for connective tissue, not muscle.
- 2 Find your edge, get still, hold for time.
- 3 Listen to your body, don't force.
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- 5 You'll feel achey.
- 6 Take it easy after practice.
- 7 Be careful with your knees and low back.
- 8 Breath normally, let the sighs come.
- 9 It's a gateway to meditation.
- 10 If it doesn't feel right, don't do it.

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