

RESTORATIVE YIN YOGA

a brief guide by Jennifer Odom Yoga

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YIN YOGA VS RESTORATIVE YOGA

yin yoga was pioneered by Paul Grilley in the 1980s. in this style of yoga, poses are held for up to 10 minutes, using little to no props. the practice of yin yoga gently stresses and strengthens connective tissues of the body.

restorative yoga comes from BKS Iyengar (1918-2014). this style of yoga has the body fully supported with many different types of props, uniquely set up for each person. the focus in this style of yoga is deep relaxation.





POSE NAMES

the pose names in yin yoga are typically different than pose names in other styles of yoga. as Paul Grilley says, this is to indicate a difference in focus on similar looking poses. for example, pigeon pose in a vinyasa class would be called "swan" in a yin class. in this case, there could be a difference in alignment or engagement.



THREE TATTVAS

there are three general principles of yin yoga, called tattvas in Sanskrit.

1. COME INTO THE POSE TO AN APPROPRIATE DEPTH.

the depth of your pose will change over time, in all directions. be mindful of moving into the pose slowly and pausing at your edges to allow your body to relax and open up gently. your appropriate depth will change even throughout the duration of the pose.



THREE TATTVAS

2. RESOLVE TO BE STILL.

let yourself find complete stillness for as long as you can in the pose. adjust your body so that you feel comfortable enough to relax and not fidget or constantly change position. in this stillness, you'll notice the subtleties of the pose.



THREE TATTVAS

3. REST IN THE POSE FOR SOME TIME.

your muscles respond well to constant, consistent movement and motion. your joints and bones, however, respond better to gentle, slow, and still stretching over time. this is why we hold yin and restorative poses for several minutes.



BENEFITS AND MORE

the practice of restorative yin yoga strengthens your joints, fascia, bones, and all the connective tissue in your body. your mind becomes calm and your body eases into relaxation. you may notice increased flexibility and a deeper awareness of your breath.

this style of yoga uses principles of both restorative and yin yoga in order to help you find relaxation, flexibility, stability, and pain relief.

the following video will cover the poses you'll do in a restorative yin yoga class and the props you'll use in these poses.



**thank you for
your interest in
restorative yin yoga.**

**I hope you find this
guide valuable.**

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