



Breathe & Restore

YIN SERIES

6 WEEK COURSE

INFORMATION BOOKLET

*"Feelings come
and go like clouds
in a windy sky.
Conscious breathing
is my anchor."*

-Thich Nhat Hanh

Welcome to the booklet

Welcome to your journey through Hatha Yoga! This e-book will guide you through the foundations of Hatha Yoga, its key principles, and the benefits it offers.

As we embark on this journey together, we will also explore the theme of turning inward during the autumn season, aligning our practice with the natural rhythms of nature.

Autumn, a season of transition, offers an ideal time to turn inward, reflect, and prepare for the quieter, more introspective winter months. Just as nature begins to shed its leaves and conserve energy, we too can use this time to slow down, let go of what no longer serves us, and focus on nurturing our inner selves.

– Kelly Angley



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Yin Yoga

About Yin Yoga:

Yin Yoga is a slow-paced style of yoga that emphasizes passive stretching and holding poses for extended periods, typically between 3 to 5 minutes or longer. Unlike more dynamic forms of yoga, Yin Yoga targets the deep connective tissues, such as ligaments, joints, and fascia, rather than focusing primarily on the muscles. This practice fosters flexibility, joint mobility, and a meditative state of mind.



Origins of Yin Yoga

Developed by Paulie Zink and later popularized by practitioners like Paul Grilley and Sarah Powers, Yin Yoga draws inspiration from traditional Chinese medicine, particularly the Taoist philosophy of yin and yang. Yin represents the passive, receptive, and calming aspects of life, balancing the active and dynamic nature of yang practices.

Yin Yoga

Key Principles of Yin Yoga

Yin Yoga is based on several core principles that guide both the physical and mental aspects of the practice:

Stillness and Patience:

Yin Yoga requires practitioners to remain still in each pose, cultivating patience and acceptance. This stillness allows for deeper introspection and connection with the body's internal sensations.

Longer Hold Times:

Poses are held for longer durations to apply gentle stress to the connective tissues, promoting flexibility and circulation in the joints.

Mindfulness and Breath Awareness:

Maintaining awareness of the breath throughout the practice enhances the meditative quality of Yin Yoga, helping to calm the mind and center the practitioner.

Use of Props:

Props such as bolsters, blocks, and blankets are essential in Yin Yoga to support the body comfortably in each pose, allowing for relaxation and ease.



Yin Yoga

The Benefits of Yin Yoga

Regular practice of Yin Yoga can lead to a variety of physical, mental, and emotional benefits:

Physical Benefits:

- *Enhanced Flexibility:* Deep stretching of connective tissues increases overall flexibility and range of motion.
- *Joint Health:* Promotes lubrication and nourishment of the joints, reducing stiffness and enhancing mobility.
- *Improved Posture:* Regular practice helps alleviate muscular tension, contributing to better posture and spinal alignment.



Mental and Emotional Benefits:

- *Stress Reduction:* The meditative aspect of Yin Yoga lowers cortisol levels, reducing stress and anxiety.
- *Mental Clarity:* Enhanced focus and mindfulness lead to greater mental clarity and emotional stability.
- *Emotional Release:* Holding poses can help release suppressed emotions, fostering emotional healing and resilience.

Breathwork in Yin

Breath as a Bridge Between Body and Mind

Breathwork, or pranayama, is integral to Yin Yoga, serving as a bridge between the physical practice and the mental state. Conscious breathing enhances the practitioner's ability to remain present and mindful throughout the extended hold of poses.

Calming the Nervous System

Controlled breathwork activates the parasympathetic nervous system, promoting relaxation and reducing the body's stress response.

Facilitating Deep Relaxation

Breath awareness helps maintain a state of deep relaxation, allowing the body to fully release tension and the mind to enter a meditative state.

Enhancing Energy Flow

Proper breathwork ensures the smooth flow of prana (life energy) throughout the body, supporting overall health and vitality.



Understanding Cacao

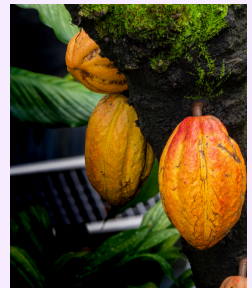
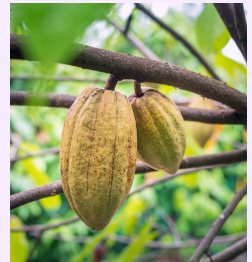
What is Cacao?

Cacao, also known as "The Food of the Gods," originates from the seeds of the *Theobroma cacao* tree. These seeds are the foundation of the beloved treat we know today, cherished for thousands of years for its unique properties.

What is a cacao ceremony?

A cacao ceremony is a traditional ritual that has been practiced for centuries, particularly in Mesoamerican cultures such as the Mayans and Aztecs. The ceremony centers around the sacred use of cacao, the raw form of chocolate, which is revered as a plant medicine. Unlike the sweetened chocolate we are familiar with today, ceremonial cacao is minimally processed and retains its natural, potent qualities.

In its essence, a cacao ceremony is a spiritual practice that involves drinking cacao in a ceremonial setting, often accompanied by meditation, intention setting, music, or other forms of ritualistic practice. The ceremony is designed to connect participants to their hearts, open pathways to emotional healing, and foster a deep sense of inner peace and connection with oneself and others.



Understanding Cacao

Properties of Cacao as Plant Medicine

Properties of Cacao

- **Antioxidant-rich:** Cacao is full of antioxidants, including flavonoids and polyphenols, which help combat oxidative stress and inflammation in the body.
- **Mood-enhancing:** Cacao contains compounds like phenylethylamine (PEA) and anandamide, often referred to as the "bliss molecule," contributing to an uplifted and positive mood.
- **Heart-opening:** Cacao has the ability to increase blood flow and improve cardiovascular health, promoting a sense of openness and connection.
- **Rich in minerals:** Cacao is a good source of essential minerals such as magnesium, iron, and potassium, supporting various bodily functions.
- **Neurotransmitter support:** Cacao contains serotonin precursors, promoting a sense of well-being and relaxation.



Sound Healing

Understanding Crystal Sound Bowls

Crystal sound bowls are instruments made from quartz crystal. When played, they produce harmonic vibrations that resonate with the body's energy centers, promoting a sense of balance and healing.

Benefits of Sound Healing with Crystal Bowls

- **Energy Alignment:** Crystal sound bowls are believed to help align and balance the energy centers (chakras) in the body, promoting overall well-being.
- **Stress Reduction:** The harmonious tones produced by crystal bowls can induce a state of deep relaxation, reducing stress and tension.
- **Cellular Healing:** Sound vibrations are thought to penetrate on a cellular level, encouraging cellular regeneration and healing.
- **Emotional Release:** Sound healing can facilitate emotional release, providing a cathartic and therapeutic experience..



6-Week Journey

Week 1: Cacao Ceremony & Functional Foundations

- Begin with a cacao ceremony to set intentions and open the heart.
- Establish correct posture and breathing through foundational yin poses.

Week 2: Expressive Yin & Breathwork

- Transition smoothly between yin poses to cultivate fluidity.
- Emphasize conscious breathing to enhance mindfulness.

Week 3: Happy Hips Yin

- Deeply target the hips to release tension and improve flexibility.
- Utilize poses that alleviate stress in the hip area.

Week 4: Yin for Sleep & Deep Relaxation

- Incorporate poses that prepare the body for restful sleep.
- Practice Yoga Nidra for profound relaxation and mental clarity.

Week 5: Yin for Breathing & Pranayama

- Combine pranayama techniques with yin poses.
- Enhance breathing patterns to improve energy flow.

Week 6: Sound Healing & Cacao Ceremony

- End the series with a heart-opening cacao ceremony.
- Utilize sound healing sessions for profound relaxation and harmony.



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