

Hello PYT!

I thought this week I would share with you a very different kind of practise. Today's class is a gentle Yin Flow. In Yin Yoga we want to focus on the relaxation by minimising tension in our muscles, so unlike our Vinyasa Flow sessions, we will be staying in postures for 3-5 minutes with the intension of relaxing completely - sounds lovely, huh?! As with all of my classes, the focus is on freedom and following the patterns and preferences of your body so choose variations that feel right for you.

For this class you might want to some props like blocks (or books), a pillow (or six!) and maybe a blanket for extra support. I highly recommend playing some relaxing music alongside the video.

I have some suggestions below:

<https://www.youtube.com/watch?v=ma9X1ZvDoi4>
https://www.youtube.com/watch?v=bYQ_u9V2ReQ
<https://www.youtube.com/watch?v=pXWTinvfZ9w>

This Yin Flow is looking at our opening our heart and hips.

Enjoy! It's a real pleasure working with you all!

Sarah x

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