

# Yin Yoga, the Quiet Practice

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*Yin yoga is a practice of cooling, grounding  
and strengthening the body.*



Tuesday nights at 7:15, popular Maya instructor **Alex Baker** teaches Yin yoga, a practice that opens locked-down areas in the body to release the heat that can create inflammation. An effective and complimentary practice -especially for meditation- Yin conditions the body to stay still longer by stretching connective tissues and relieving anxiety.

“Yin yoga is specifically designed to address the rehabilitation of our connective tissue, or fascia, mobilizing and strengthening our joints, ligaments, and deep fascial networks,” Alex says. “If you haven’t tried Yin yoga yet, you simply must.”

**Get Quiet and Relax.** A basic yin practice can incorporate bends, hip openers, backbends and twists -asanas that tone muscles and heal connective tissues gently.

According to [Paul Grilley](#), known for bringing Yin yoga into focus for western culture, two principles differentiate the yin practice from

more yang approaches to yoga: 1) holding poses for at least several minutes and 2) stretching the connective tissue around a joint. To do this, the overlying muscles must be relaxed.

“Also, although many Yin poses are based on classic yoga asanas, the emphasis on releasing muscles rather than on contracting them means that the shape of poses and the techniques employed in them may be slightly different than you’re accustomed to,” he explains.

**In Alex’s classes**, the use of props help students relax and hold poses for three minutes or more, although Yin practice is not known for employing props. She also adds, “The yin postures gently stimulate specific energetic pathways, otherwise known as meridian channels.”

The results of Yin practice also include increased mobility, calming balance of mind and body, greater stamina, better lubrication of joints -and ultimately, creating a well-rounded yoga practice overall, a more awesome you! “Trust me,” Alex says, “you’ll be coming back for more.”

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