

Yin Yoga



Why Yin Yoga?

Through my daily yoga practice, I experienced every type of yoga offered in California & New York. Yin Yoga affected my body in ways that all those other yoga classes missed.

Here's some of the health affects I've experienced practicing Yin Yoga, your results will vary...

- ★ Less stress and tension in my body
- ★ Eliminated back and shoulder pain
- ★ Strengthened my hip joints and improved their range of motion (this practice will make you a better Twerker!)
- ★ Cleared stickiness in my body
- ★ Improved my ability to stay present when my body is challenged
- ★ Made meditation easier to focus on

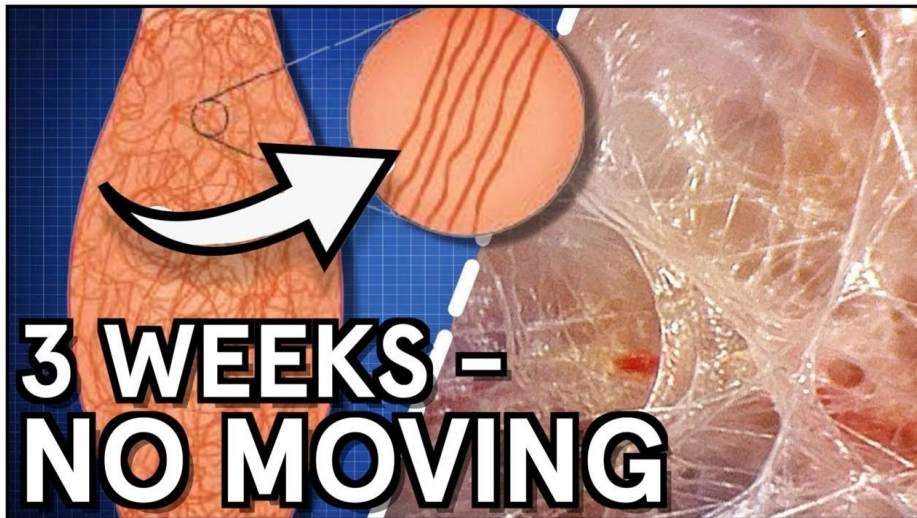
After seeing my great grandparents be bedridden for their later years, I wanted a practice that would keep me mobile for as long as possible. I believe that Yin Yoga is a perfect compliment to active exercise in my life.

My goal is to avoid knee, hip, & back problems by caring for my joints now. I don't even have to wait until I'm older to appreciate the benefits. I've already become a better dancer with more range of motion in my hips.

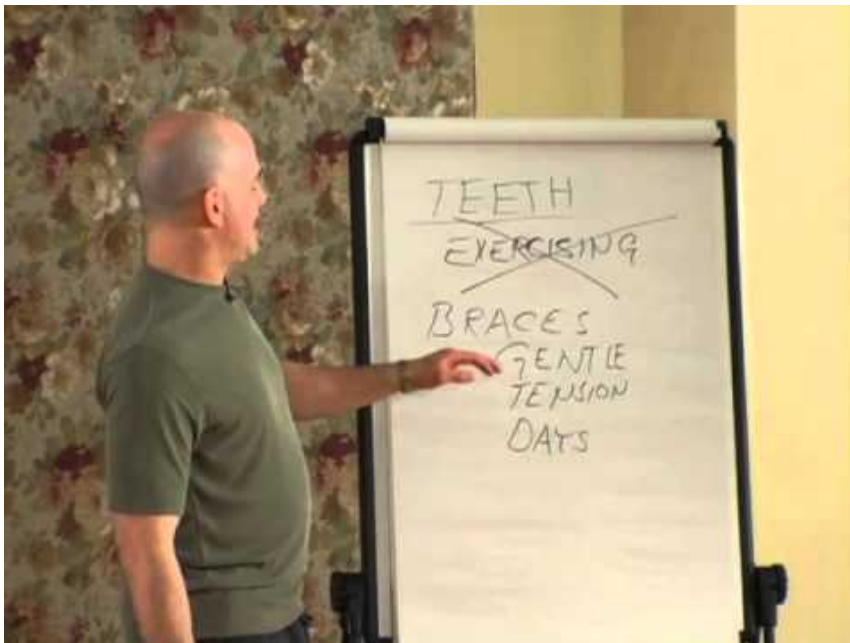
How Stretching Affects Your Body

For a scientific reason to start Yin Yoga, here's 10 minutes on how stretching affects your body based on recent research.

<https://www.youtube.com/watch?v=01LbcCDTwF4>



Then watch this 3 minutes on why Yin exercises are so different from more active forms of yoga. <https://www.youtube.com/watch?v=GBZ5IS7RFtk>



Practicing Yin Yoga Safely



Consult your health practitioners. I am not a medical professional. Build your health team with practitioners that you trust. Please listen to your body and not exceed your limits. Yoga & Meditation can bring up new sensations in your body. Find a yoga-aware health professional to support your practice. Complementary therapies include acupuncture, massage, chiropractic, Rolfing, and walking in nature.

Listen to your edges. We'll practice coming to our first natural edge (resistance) in each stretch. I'll go to about 70% of my maximum stretch to find my first edge. Everyone's edge will be different and your stretch is going to look different from mine. Stay with your first natural edge for at least 30 seconds. Adjust your position if your edge moves. You may come out early and rest at any time.

Go for the stretch, not the look. Listen to what target area we're stretching and adjust the pose for that sensation. Our practice will prioritize function over form. Everyone's pose will look different from each other and will change over time.

Avoid pain or numbness. If this practice causes sharp pain, tingling, or tearing then back off. We're looking for the feeling of a healthy challenging stretch that you can sustain for 2-5 minutes. We're going to use gentle persistent pressure to stretch the joints over time.

If you get dizzy or nauseous, simplify the stretch. For some people, stretches with hands over your head or twisting the head can cause nausea or dizziness. Modify by taking your arms down or not twisting your head.

Be as still as possible. The fascia and connective tissues get their chance to stretch after you are still for 90 seconds or more. We'll hold most positions for 2 to 5 minutes. You may hold most yin poses for up to 11 minutes.

Stay within. Direct your focus to the sensations in your body, the feel of the air on your skin, and the quality of your breath. Instead of using this time to think, invite your mind to stay with the practice. If you get distracted easily, try adding the playlist I recommend or music that you love to the background. Create a dedicated place for your yoga practice without a lot of distractions. I like to practice outside as much as possible. Remember to turn on 'Do Not Disturb' on your devices while you practice.

What You Need to Practice Yin



Practice on a padded surface. Feel free to stack yoga mats or blankets to create a softer area to protect your knees. I practice on a sheepskin mat.

Support yourself with props. A rolled blanket, yoga block, or couch cushion will help support you. Don't avoid this practice because you don't have official yoga props. Start with whatever you can find at home and then see if you need more. You can find foam yoga blocks at major retailers for about \$10 each.

Lean on great music. My playlists will support your relaxation even when it gets hard. I don't hold a performance license for this music, so I recommend you play the songs from a licensed service like Spotify or Tidal. On a computer you can play my YouTube Yin video and the music in different browser windows. You'll probably need to use the volume slider on the bottom right of Spotify to turn the music down and use the volume slider on the bottom left of Youtube to turn my instructions up. You can also play the playlist on a separate device. Good quality speakers or headphones are helpful.

More music options. You can find all of my Yin playlists on Spotify here: <https://open.spotify.com/user/wowhellomusic?si=901bb29dd3104869>

My longest playlist of Yin songs that I you can build your own playlist from is here: <https://open.spotify.com/playlist/7e7f2cD658OSxIEvIOOFPI?si=9340684252fd44fa>

Don't forget a sweater or a blanket. Yin Yoga doesn't require warming up the body like other exercise. Cover up as you need to stay comfortable. Wearing socks is totally allowed. Cover yourself with a blanket when you rest on your back.

Water to drink. Drinking plenty of water before, during, and after Yin Yoga will help the body stretch and remove waste cells after practice.

More Yin Yoga Resources

Here are teachers that I've learned from in my Yin Yoga journey.

- ★ Bernie Clark <https://www.youtube.com/@yinsights1>
- ★ Sarah Powers <https://www.sarahandtypowers.com/>
- ★ Paul & Suzee Grilley <https://paulgrilley.com/>
- ★ Ehud Neuhaus <https://ehudneuhaus.com/>
- ★ Kimilla <https://www.youtube.com/@kimilla>

I completed my Yin Yoga certification at [Green Yoga International](#) in 2023 and my Kundalini Yoga certification at the Kundalini Yoga Research Institute in 2018.

Questions?

Leave me your questions in the comments on the YouTube video and I will answer them personally. This helps others who may have the same question find their answers. If you don't want to publicly ask a question, you can message me on Instagram at [@jazmintheinsideguide](#).

How to Support Jazmin's Teaching



Each full-length Yin Class takes Mylee and me about a week to write, practice, film, edit, and promote. Our costs are about \$3,000 per class. Any financial amount or energy you can contribute tells us to keep making videos.

💰 Tip me via Cash App, Paypal, or Venmo by sending funds to @JazminHupp. More payment options are here: <https://www.jazminhupp.com/tipme>

👉 Leave me Comments on YouTube or Instagram. These platforms use comments to judge if my content should be shown to more people.

🐛 Share my videos with a friend.

👉 Tap Like on my videos and hit Subscribe on my [YouTube Channel](#).

🧘 Attend a retreat with me. Details here: <https://www.jazminhupp.com/silence>

💪 Hire me to build your website or create your marketing strategy.