

# CYNTHIA COOPER YOGA

"If you can breathe, you can do yoga."

## Did you know?

Yin yoga poses have different names from traditional yoga, even though the poses are the same. The reason? The *intention* of Yin differs from Yang-style practices such as Vinyasa and Hatha. Having other names helps us to remember to approach the pose in a quiet, thoughtful way. So welcome to the Swan, Butterfly, Dragon, and (my favorite) Bananasana poses!

## Thank you!

Thank you for all the lovely, positive comments about the newsletter. If there are any topics you'd like me to cover in the future, let me know. You make everything worth it!

## Public classes

I'll be announcing public class times and locations soon. I've really missed teaching at a studio. Stay tuned for details!

## Private sessions

One-on-one practices are beneficial because they allow us to focus on your unique needs and goals. We use a range of yogic tools to design a practice that will make you feel amazing. To book a session, call or text me at 512-632-2383, or email me at [cynthiacooperyoga@gmail.com](mailto:cynthiacooperyoga@gmail.com).



## The gifts of Yin yoga

I love Yin yoga. It's my go-to practice in the morning when my body is still awakening. It's wonderful at night too, a quiet way of preparing for rest. Yin practice has presented me with several gifts in the 3+ years since I discovered it.

The slow, quiet nature of Yin, along with the long (2-5 minutes) holding time quiets the mind. It teaches patience and promotes stillness, much as meditation does. Yin yoga focuses on what's right for your body in that particular moment. There's no judgment, no comparison to unrealistic goals. By looking inward as you find your edge, you gain a more intimate relationship with your body, gaining an awareness that carries over into all aspects of your life.

Yin yoga goes deep physically, into the connective tissue, joints, and bones. Each pose is a combination of pulling and pushing parts of your body, reshaping tissue and stimulating bone and cartilage growth. It increases mobility and releases energy.

Yin practice can be challenging. Holding a pose for 2-5 minutes is uncomfortable. Learning to prevail through this discomfort is perhaps the most profound gift of Yin yoga, because it teaches us that we can deal with stress in a healthy way. Our fight/flight/freeze instinct is quieted as we hold the poses, reminding us that the discomfort is temporary, and we can get through it. This lesson in resilience is vital for a healthy life.

There are so many reasons to add Yin to your practice. You can find more information on my website or at [www.yinyoga.com](http://www.yinyoga.com). Give it a try!