

# Physique Yin

Do you suffer from back or other joint aches or do you have tight legs or hips?

Do you have difficulty making the time to relax the mind?

**PHYSIQUE YIN**, based on the principles of Yin Yoga, is the ultimate class for increasing flexibility, cooling the body and calming the mind.

**PHYSIQUE YIN** stretches are held for 3-5 minutes while seated to energize the deep, dense connective tissues of the body: tendons, ligaments and cartilage, which are often challenging to access.

Providing a modern twist to everyday stretches, **PHYSIQUE YIN** is an excellent complement to **PHYSIQUE 57** and **MAT 57** classes as well as other sports such as running, skiing, tennis and golf.

**PHYSIQUE YIN** elongates the spine making it possible to get deeper into your abdominal exercises (flatter tummy!) and gently opens the hips which improves your range of motion and stamina (great for seat and thigh work!). **PHYSIQUE YIN** is also highly restorative for the joints and muscles.

Set to chill music, you will leave class feeling lengthened and revitalized. **PHYSIQUE YIN** is appropriate for men and women of all ages, fitness and flexibility levels.

*Beginners welcome!*

*Warning...*

**PHYSIQUE YIN** is highly addictive!

