

ĀRAYA YOGA

Thank you!

*We hope you enjoy this Yin Bundle and will
come back for more in the future.
We really appreciate your support.*

Our mission at Āraya Yoga is to empower more people with the tools to know themselves and the time to reconnect with themselves.

Our goal is to guide you to a deeper connection with yourself and provide the knowledge and the practices to accelerate your personal and spiritual growth, so that you can release what no longer serves you and become the person you most want to be, living purposefully and intentionally on your unique path.

We believe time is one of the most valuable gifts you can give yourself, and we wanted to make giving yourself quality time easier. Whether you join us for some Yin Yoga or an Online Course, we've poured a lot of love into our projects and we're so excited you've decided to join us.

Yin Yoga

A small introduction...

Our classes sometimes use props, if you don't own a bolster or a block, try using a pillow or a rolled up blanket/towel

Yin is a slow paced, passive practice where postures are held for 3-5 minutes. It teaches us to slow down and reconnect to ourselves: mind, body, spirit.

A yin yoga practice focuses on relaxation and stillness, and lets you get into the tighter spots in the body where we tend to hold a lot of tension (think the connective tissues and the fascia). It also helps us let go of mental and emotional tension and connects us to our energetic body.

It is a great practice to help facilitate introspection and self-awareness; and provides deep relaxation so you can easily de-stress.

OUR TIPS!

- **Focus on your breathing!** It will help you to relax and stay present with the sensations in your body.
- **Find your "edge of comfort"** and gradually, over time, you will be able to deepen into the postures. Don't push too hard coming into a pose or cause yourself pain, but, make sure you're not entirely comfortable. As new space is created, you can relax into it, or, gently pull out of a pose if it becomes too much.
- **Acceptance & surrender.** Don't resist, don't fight what is.
- **Stillness.** Challenge yourself to fidget and shuffle about as little as possible - you'll get the most benefits from your practice.
- **Use props if you need to** make postures more accessible; pillows, blocks, or rolled up towels/blankets work well to create a little bit more space.
- **Listen to your body!** Know the difference between pain and discomfort. We are only there as your guide, if something feels too much, honour that. Take savasana whenever you need to. This is *your* practice. It should be challenging, but not painful!

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Waiver of Liability

By purchasing a product with us, you agree to the following terms & conditions:

I agree that I am voluntarily participating in an online classes, workshops or courses offered by Āraya Yoga.

I understand and recognise that yoga classes with Āraya Yoga may be physically or emotionally strenuous and may cause physical injury or emotional distress. I voluntarily participate in them with full knowledge and awareness of the risks and hazards involved.

I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation and agree to assume full responsibility for any risks, injury or damages, known or unknown, which I might incur as a result of participating in the class or course.

I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against Āraya Yoga for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise.

I understand that I may receive verbal assists or adjustments to enhance or correct my body posture during class. I will take accountability for alerting the teacher of any injury or impairment in advance before class begins.