



~ *New Class* ~

Hot Yin Yoga

Tom Malinsky,

CYT, LMT, Acupuncturist, M.S. Chinese Medicine

Monday's - 6:30pm (Starts 4/12)

Wednesday's - 6:30pm

What is Yin Yoga... Yoga originated in the Indus Valley Civilization and its most popular form is Hatha Yoga. Forms of yoga also originated in China thousands of years ago and *Yin Yoga* is one such form of Chinese Yoga; it is very similar to the Indian Hatha Yoga. The Yin Practice has its foundation in *Taoist philosophy of yin and yang*, and is thus named Yin Yoga.

Complimenting a Dynamic Hatha Practice... While there are no absolutes, Yin Yoga benefits the connective tissues in the body like ligaments and tendons; Hatha yoga helps develop muscle structure. Our muscles account for 40% of our flexibility, connective tissue contributes over 50%. Practicing both Hatha and Yin yoga, helps achieve a more balanced practice.

The appeal....The Yin practice *benefits most students at every level*. For those **with joint problems**; whether it is arthritis, spondylitis, osteoporosis or arteriosclerosis, you can potentially reduce your pain with a regular Yin practice. For those **athletically active**, the Yin practice will add flexibility allowing you to go deeper in your regular practice/activities and help prevent injury.

Why the Hot Room (85 - 90 degrees)...The addition of heat to the Yin practice allows the body to safely detoxify without stimulating the stress hormones invoked by the Sympathetic (fight/flight) part of our nervous system. The Yin Poses are targeted at lengthening connective tissue, not building muscle strength. *The longer holds of a Yin Practice and the relaxed approach in a heated room, allows the body to 'open up' in a safe and unhurried way... all poses (asana) are done seated.*

Preparing for Class....Students are advised to refrain from eating 2-3 hours prior to class, and to hydrate by drinking lots of water. Wear lightweight breathable clothing and bring a towel large enough to cover most of your mat.

About Tom...

Tom Malinsky, M.S., is a Licensed Acupuncturist/Oriental Medicine Practitioner, Energetic Acu BodyWorker, and Certified Yoga Teacher. His formal studies began at the **Chicago School of Massage Therapy**, and continue to this day including a **Masters of Science in Oriental Medicine (Acupuncture/Herbs/Nutrition)**.

In addition to its many benefits, Yin Yoga contributes to balancing of the Energy Pathways (meridians), and the Energy Centers known as Chakras. Tom's training, educational background and practical professional experience, makes him uniquely qualified to lead this practice.