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'about me yin yoga

May 18th, 2020 - training those who are interested in yin yoga brings me much joy as a nutritionist i work holistically and integrate my own approaches into my consultations depending on what the individual requires i gave up my yoga studio in 2015 due to relocation and since then i have been focusing even more on yin yoga teacher trainings'

'yin yoga

June 4th, 2020 - zink s approach to yin yoga consists of both yin and yang postures and incorporates movement in between postures as a yang element in contrast yin yoga sessions taught by grilley and powers consist of a series of long held passive floor poses that primarily affect the lower part of the body the hips pelvis inner thighs lower spine about 18 to 24 in number'

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'why try yin yoga yoga journal yoga poses

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