

Yoga Vibe YinYang;

Opposites attract! ...and can sometimes blend beautifully!

The first half of the class will be the 'masculine' yang: energetic & challenging – warming the body, increasing your strength and fitness level. We will still be connecting movement with breath but in a different way than the Yoga Vibe Flow classes, there will be 'repetitions' and micro movements within and between yoga asanas(postures) generally increasing 'fire' in the body yet remaining focused in the mind.

The second half of the class will be the 'feminine' yin: nurturing & cooling the mind and body with stillness and facing challenges with a softer approach, which can often be more challenging! We will be holding connective-tissue releasing postures for an extended period of time (in comparison to the YV Flow classes) so be prepared to practice patience with your mind & body, finding comfort in discomfort! This practice is extremely beneficial for relieving deeper physical tension, decreasing general aches & pains, increasing flexibility and peeling off the internal layers of the all important introspective practice.

As always this will be taught in a way of being true & kind to your body, so anything that doesn't feel right for you please do make your way out of a posture as mindfully as instructed into the posture, I cannot be there with you all at once in group yoga classes especially over the screen so I ask you to take extra care of digesting instructions and being in tune with your own physical capability & energy level. That is truly the only thing I ask of you: be kind to you!

Normally there would be props available in the yin part of Yoga Vibe YinYang classes but seeing as we're all at home, we're just having to make the best with what we have, in every sense! I would recommend you have 2 pillows handy and a rolled up towel or flat, firm cushion, in addition to your yoga mat (or flat, non-slippery surface). Class will be just under an hour (so Tenerife based yogis that attend 6pm classes can join in with the applause for frontliners at 7pm should they wish).